The CANDY BOOK

250 RECIPES
...the sweetest
story ever told

THE

CANDY BOOK

EVERYTHING YOU NEED TO KNOW ABOUT MAKING.....

Fondant Candies
Chocolate Candies
Fudges
Caramels
Divinities and Nougats
Taffies and Kisses
Brittles and Hard Candies
Uncooked Candies
Maple Candies
Coconut Candies
Marzipans
Glacéed Fruits and Nuts

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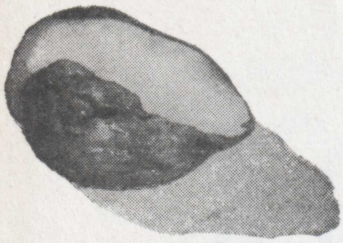

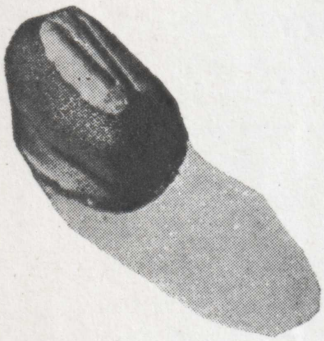

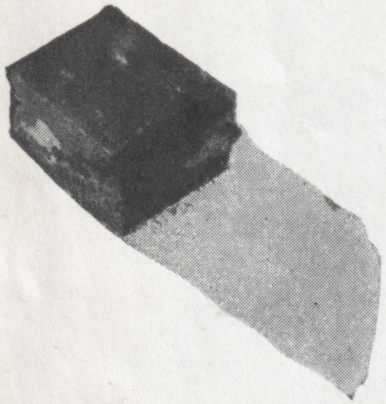

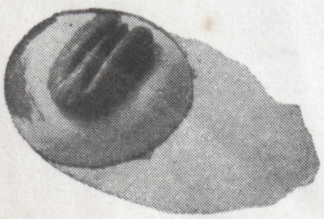

Introduction

UNTIL the beginning of the nineteenth century, the art of making sweetmeats was practiced chiefly by physicians and apothecaries, who used sugar and honey to conceal the taste of their medicines.

In earlier civilizations, sugar was unknown, but sweets were supplied from natural sources such as honey and the sweet saps of trees and canes. The convenience of sugar in its present form makes transportation of sweet products a simple matter.

Today, when it is pure, candy is recognized as a valuable food. Children need the fuel supplied by sugar to replace the energy they use in daily activities and this need is the best reason for homemade candies. If pure and wholesome sweets are provided at home, youngsters are less likely to indulge in unsupervised consumption of purchased candy.

Ability in the art of candymaking is an excellent aid to popularity. The hostess who serves a variety of homemade candies when she entertains, is admired for her ingenuity. Homemade candies attractively boxed make inexpensive and desirable gifts, and often a skilled candymaker may turn her interest into a source of revenue by creating a commercial demand for her confections.

In the preparations of candies, the fundamental principle is to select the best ingredients and follow the directions in the recipe faithfully. There is no place in cookery where inferior materials are reflected more conspicuously than in candy.

Candymaking is undoubtedly one of the most interesting forms of cooking because of its wide scope of variations. Although chocolate is America's favorite flavoring and there are innumerable recipes that include this flavor, fruits and extracts lend a note of distinction to some types of sweets. A wide variety of sugars, sirups, molasses, honeys, nuts and food colorings may be used for unique results.

To the beginner and to the experienced candymaker, this book brings a fund of detailed information and clever ideas that will enrich her repertory and delight her family and friends.

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For the beautiful illustrations in this book, we want to pay appropriate tribute to the following who helped so generously:

ANGELUS-CAMPFIRE COMPANY
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THE JUNKET FOLKS
THE STEVENS HOTEL

CANDYMAKING EQUIPMENT

CANDY BARS
CARAMEL CUTTER
COPPER KETTLE (Heavy, Deep)
CRYSTALLIZING TRAY AND WIRE RACKS
DIPPING FORKS AND RINGS
EGG BEATER
FOOD CHOPPER
FUNNEL
HOOK FOR PULLING CANDY
KNIVES
MARBLE SLAB
MARZIPAN MOLDS
MEASURING CUP
MEASURING SPOONS
METAL BARS
NOUGAT FRAME
PADDLES
PANS
PASTRY BRUSH
PASTRY TUBES AND BAGS
PLATTERS AND BOWLS
ROLLING PIN
RUBBER MATS
SACCHAROMETER
SAUCEPANS AND DOUBLE BOILERS
SCALES
SCISSORS
SIEVE (Fine Mesh)
SPATULAS
SPOONS, LARGE
SUGAR SCRAPER
THERMOMETER
WAXED PAPER AND WAFER PAPER

Candy bars are made of steel and are used to form various sized spaces on the marble slab, into which are poured caramel and taffy mixtures. They can be arranged to hold any quantity of candy.

A candy hook is very useful, labor-saving and inexpensive. Candy is improved by being pulled on a hook, as the pulling makes it lighter in color and fluffier.

A caramel cutter consists of a metal framework filled in with transverse and longitudinal metal bars, which, when pressed on the surface of caramel or taffy, mark it into a number of small squares. The squares are then cut out with a knife.

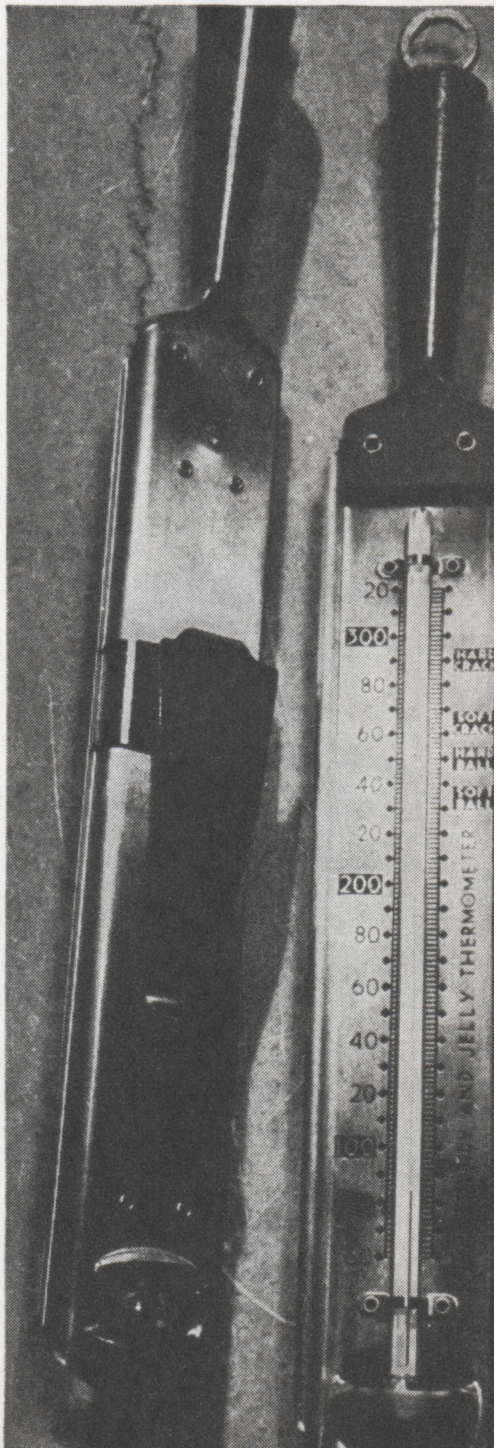
Crystallizing trays are shallow pans fitted with wire racks to hold candies and prevent their rising during crystallizing. A crystallizing tray is usually fourteen inches long and ten inches wide.

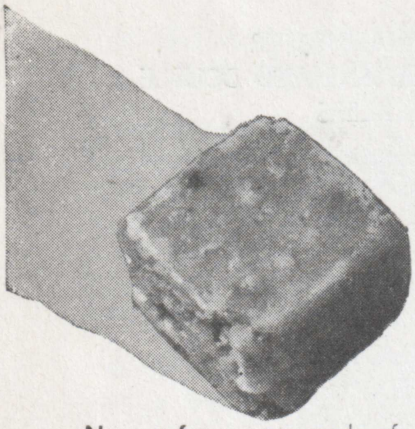
Dipping forks are made of wire with two or three prongs or a loop at the end, and used for lifting the dipped candies out of the coating mixtures. They are very inexpensive.

A marble slab is not absolutely necessary, but it is convenient and useful. When candy is poured out on a piece of marble, it cools quickly. A large platter or an enameled tray may be used.

The **saccharometer** is often used for ascertaining the specific gravity of liquids. It is made of glass containing quicksilver, the same as the thermometer, and is divided into degrees or scales. The scale on the saccharometer registers from 0° to 50°, and reads from the top downward. The advantages of the saccharometer are immense, not only as a matter of economy, but as a guide to the candymaker, who cannot work with certainty without knowing the degrees of boiling. For example: The thread, large or small, marks 25°; the pearl, 30°; the blow, 34°; the feather, 36°; the ball, 50°. After this last degree the sugar has become so thick that the saccharometer can no longer be used. The remaining degrees, the crack and caramel, must be determined by other tests. In order to use the saccharometer to test sirup you must have a narrow glass vase, or a glass test tube, or a tall bottle about an inch and a half in diameter. Pour some of the sirup into the tube, wet the saccharometer and drop it into the boiling sugar and it will indicate the density of the sugar.

A good candy thermometer will save its purchase price in many successful batches of candy

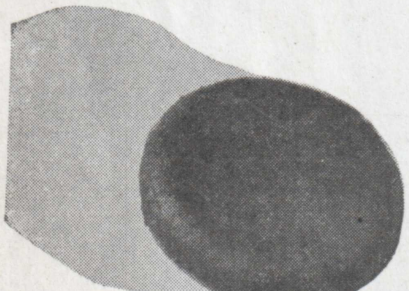




Nougat frames are made of wood, and used for molding nougat and other candies of like consistency.

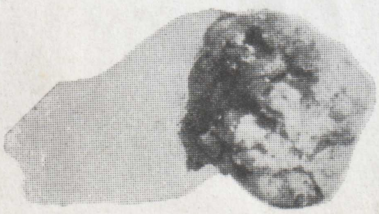
Rubber mats are used for the molding of fondants. They come in innumerable designs, and the candies cast in them are perfectly shaped and delicately molded.

Saucepans may be made of copper, iron, granite, enamel, or aluminum. They must be kept clean inside and outside. Two small lipped pans, holding about one pint each, are convenient for melting fondant and for other minor operations.

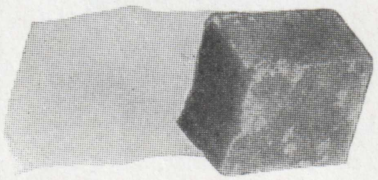


A sheet of brightly polished tin, which may be procured at the cost of a few cents, will be found useful for dropped chocolates.

Spatulas are flat, pear-shaped paddles made of metal or hardwood, and are used for stirring and beating mixtures or for scraping out pans. They are useful little utensils, and often used in place of spoons.



A starch tray is used when molding fondants, liqueurs, fruit jellies, or other candies in starch. Any large flat box or biscuit pan will do for this. Three inches by twenty inches is a convenient size. Fill the box with clean, dry, sifted cornstarch. Smooth the starch with a flat stick; then make the required impressions on it with small plaster molds glued to a piece of wood. They may be made with a cork, a piece of sealing-wax, a thimble, a marble, a glass stopper, or the tip of the finger. The piece of wood should be longer than the box or pan. Pour or pipe in the candy mixture, filling each mold level with the top of the starch. When set, pick up the candies and dust off the starch. Keep the starch dry and clean in tin boxes. It should always be dried and sieved before use.



A sugar scraper is made of a strip of strong metal or tin rolled at one end to form a handle. It is used to scrape up the sugar on the slab or platter. A broad-bladed spatula may take its place.

A confectioner's **thermometer** is required for candymaking, so that the sirup may be removed from the heat at exactly the correct temperature. Such thermometers are made of wood, nickel, brass or copper, and the degrees on them should mark not less than 320°F. A thermometer should always be lowered gently into the boiling sugar.

When not in use, it should be kept hanging up on a nail or hook.

WEIGHTS AND MEASURES

All Measures Are Level

1 tablespoon	3 teaspoons
1 cup	16 tablespoons
½ cup	8 tablespoons
¼ cup	4 tablespoons
½ ounce butter	1 tablespoon
½ pound butter or sugar	1 cup
1 pound butter or sugar	2 cups
1 pound molasses	1½ cups
1 pound corn sirup	1⅓ cups
1 pound chocolate	16 squares
1 pound peanuts	2⅔ cups
3¾ ounces English walnuts	1 cup
1 pound coconut	8 cups
6 ounces brown sugar	1 cup
5½ ounces confectioners' sugar	1 cup
4½ ounces cocoa	1 cup
4 ounces almonds	1 cup

CANDYMAKING INGREDIENTS

ANGELICA
BUTTER
BAKING SODA
BROWN SUGAR
CORN SIRUP
CHOCOLATE
CREAM OF TARTAR
CHERRIES
CREAM
CORNSTARCH
COCONUT
DATES
EXTRACTS
EGGS
FOOD COLORS
FIGS
FRUITS, Fresh and Candied
GINGER, Preserved and Candied
GOLDEN SIRUP
GELATIN
GLUCOSE
GUM ARABIC
HONEY
JELLY
LEMONS
MAPLE SIRUP
MAPLE SUGAR
MOLASSES
MILK: Fresh, Evaporated, Condensed
MARSHMALLOWS
NUTS
PRUNES
PRESERVES
POPCORN
RAISINS
SUGAR
SPICES
VINEGAR

Candy of the better grade is made of sugar, with the addition of various colors, flavors, nuts, fruits, etc., and sometimes fat, starch, and glucose, all of the best grades. The food value of candy may be expressed by the amount of sugar contained, but the wholesomeness of the other ingredients must be taken into account.

Brown sugars consist of the coarser part of the sugar, and are suitable for some kinds of candy. Confectioners' sugar is a specially pulverized sugar suitable for icings or frostings, and is used in candymaking also. Maple sugar is obtained from the sap of the sugar-maple tree, and makes delicious candy. All sugars, especially confectioners' sugar, should be kept in a dry place.

Small quantities of **glucose** are used to prevent the sugar from granulating during boiling. The best candy is produced with 85 per cent sugar and 15 per cent glucose.

Cream of tartar of tartaric acid may take the place of glucose in some recipes, as they also tend to prevent granulation.

Food colors for use in candies are now easily procured at reasonable prices. These colors vary in strength and quality, according to the various makes. The amount of color to be used in any given case depends upon the shade desired.

The use of **flavoring extracts** is universal throughout the civilized world. They are necessary in the preparation of homemade candies. Therefore it is supremely important that they be of the highest purity and quality. Inferior extracts will result in flavorless candies that are a disappointment.

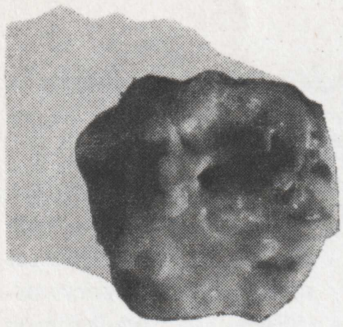
Nuts generally used are sweet and bitter almonds, black and English walnuts, filberts, peanuts, chestnuts, pine nuts, pistachio nuts, Brazil nuts, butternuts, pecans, and hickory nuts. When cracking nuts, each nut should be held in such a position that the shell will be crushed along definite lines.

Cocoa butter is used to enrich a poor quality of chocolate and bring it to the right coating consistency.

Butter used in candymaking must be pure and wholesome and free from salt.

Skillful handling of the simplest ingredients will produce a fine assortment of candies

SIRUP TESTS



Sugar may be boiled on an ordinary range, gas, gasoline, oil, or electric stove, or in a chafing dish. A sugar thermometer is usually used for testing the boiling sugar, but other means may be used, such as the fingers only, a perforated iron spoon, a piece of bent wire, or a sharp piece of wood.

The following scale will serve as a guide for amateurs who are not acquainted with the thermometer:

THE THREAD

If you do not use a thermometer, dip the tip of your forefinger into the sirup and apply it to your thumb; on parting them, you will find a thread which will break at a little distance, and remain as a drop on the finger; this is the small thread. If the thread be longer, it is the great thread.

THE PEARL

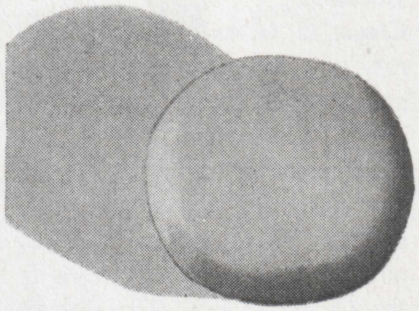
When you separate your finger and thumb, and the thread reaches from one to the other without breaking, it is the small pearl; if the finger and thumb be stretched to their utmost extent, and the thread remain unbroken, it is the large pearl. This stage may also be recognized by the bubbles on the boiling sugar, which are round and raised; but this test is not always sure.

THE BLOW

This is the first workable degree to which sugar is boiled. Dip the spoon or a skimmer into the sugar, shake it, and blow through the holes: if sparks of light or bubbles be seen, you may be sure of the blow.

THE FEATHER

When the boiling sugar has reached the feather stage, it may easily be blown from the wire or spoon in long shreds.



THE BALL

The soft-ball degree is tested by making a small bulb of sugar between the fingers while it is cooling in a glass of cold water, or by obtaining long, feathery pieces from the spoon or skimmer. When the bulb of sugar is larger and harder, it is known as the hard ball.

THE CRACK

If some of the sugar breaks with a slight noise and will not stick to the teeth, it is at the soft-crack stage. Boil it again, and if when tested it will quickly set hard and will easily snap when pressed, it is at the hard-crack degree. Sugar at this stage passes rapidly to caramel, and will burn if not attended to at once.

THE CARAMEL

Sugar boiled to the caramel stage is slightly dark in color. It breaks when tested, making a noise like breaking glass. When boiled, lift it from heat, and slip a pan of cold water under it to prevent its burning. The production of caramel is attended with some difficulty, and great attention is necessary.

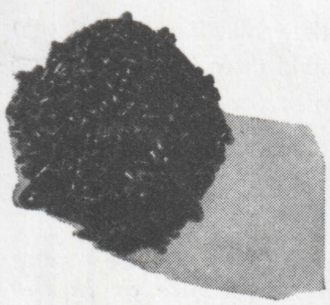
When a boiling solution of sugar and water has passed the soft-ball degree, it may readily grain unless glucose or some kind of acid is added. The danger may be guarded against also by melting the sugar very thoroughly before allowing the sirup to boil, or by brushing or sponging the sides of the pan during boiling, so as to dissolve any hard particles or crystals forming there. Cream of tartar is the acid usually used to prevent the granulation of the sirup. If too large a quantity is used, it will cause the sugar to change color quickly, and the candies made or covered with it are likely to be soft and sticky. The cream of tartar should not be added until all the scum has been removed from the boiling sugar and the sides of the pan cleansed from crystals. Boiling sugar intended for pulling or such purposes is all the better for the addition of a teaspoonful of glucose with the cream of tartar.

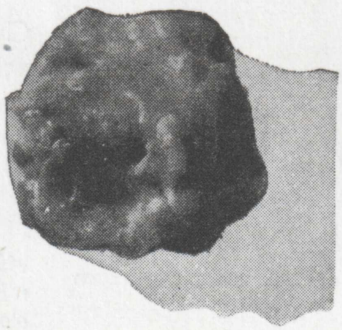
Pure sugar and water shows no tendency to boil over. All impurities or scum on the surface should be removed as soon as the sirup boils, and then the boiling should be allowed to proceed quickly till the required degree is reached

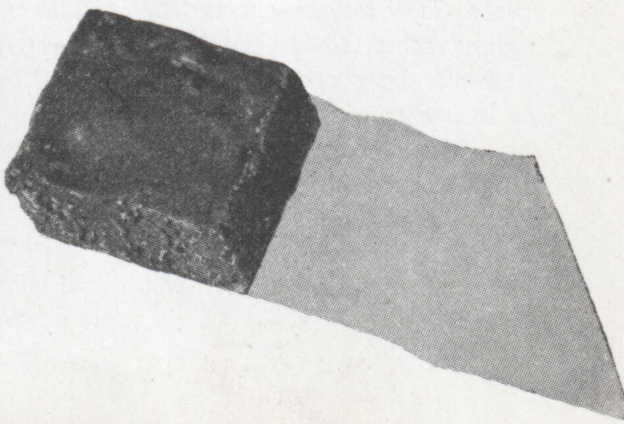
CANDY TEMPERATURE CHART

from
"Terminology Used in Food Preparation"
Published by American Home Economics Association

Product	*Stage of concentration desired*	*Temperature of sirup at sea level (indicating concentration desired)*		*Behavior at stage desired*
		Degrees F.	*Degrees C.*	
Sirup	Thread	230 to 234	110 to 112	The sirup spins a two-inch thread when dropped from fork or spoon.
Fondant Fudge Panocha	Soft ball	234 to 240	112 to 115	The sirup when dropped into very cold water forms a soft ball which flattens on removal.
Caramels	Firm ball	244 to 248	118 to 120	The sirup when dropped into very cold water forms a firm ball which does not flatten on removal.
Divinity Marshmallows Nougat Popcorn balls Salt-water taffy	Hard ball	250 to 265	121 to 130	The sirup when dropped into very cold water forms a ball which is hard enough to hold its shape, yet plastic.
Butterscotch Taffies	Soft crack	270 to 290	132 to 143	The sirup when dropped into very cold water separates into threads which are hard but not brittle.
Brittle Glacé	Hard crack	300 to 310	149 to 154	The sirup when dropped into very cold water separates into threads which are hard and brittle.
Barley Sugar	Clear liquid	320	160	The sugar liquefies.
Caramel	Brown liquid	338	170	The liquid becomes brown.







What Every CANDYMAKER Wants to Know

Everyone at one time or another has made a batch of candy. It's fun to do and best of all, when you're through making the candy, you still have the pleasure of eating it. The wise candymaker will find it valuable to learn certain fundamental techniques that will develop added skill and improvement in the finished product.

It is just as easy to be a versatile candymaker as a monotonous one. Simple little tricks such as adding gay food colorings to a mixture; decorating with nuts, shredded coconut, glacé sirup; making fascinating designs with pulled sugar or gossamer nests of spun sugar, lift a candymaker from the mediocre class.

Practice will develop deftness and skill in handling your candymaking materials to get the best possible results. A most important factor in the production of good candy is not to trust to guesswork, but to follow recipes carefully and to use a thermometer.

HOW TO BLANCH AND CHOP ALMONDS

Place the shelled almonds in a saucepan, cover with cold water and bring to the boiling point; then remove from heat. Drain and run cold water over them. Turn out on a coarse cloth and rub off the outer skin.

Blanched almonds may be cut lengthwise in shreds or strips, or they may be cut across in thin slices. They may be chopped by cutting across several times; or they may be chopped as coarse or as fine as required by placing in a chopping bowl or on a wooden plank and chopping with a broad-bladed knife or chopper.

To split almonds, insert a pointed knife at one end and the nut will be split in two.

To grind almonds, put them through a nut mill or food chopper, or pound them in a mortar.

HOW TO PREPARE CHESTNUTS

With a sharp knife make a slit in each chestnut. Place in boiling water and boil for 4 minutes; then remove and dry thoroughly. Melt 3 tablespoons of butter in a saucepan, add the chestnuts and heat, stirring thoroughly, until very hot.

With the aid of a sharp-pointed knife both skins can then be easily removed together, leaving the nut whole.

HOW TO BLANCH PISTACHIO NUTS

Cover the nuts with cold water, then bring to boiling point and boil for 5 minutes. Plunge into cold water, drain and rub off the skins.

SALTED ALMONDS

½ pound shelled Jordan almonds
2 tablespoons olive oil or melted butter
Salt

Blanch the almonds and dry them on a clean cloth. Place the oil or butter in a small frying pan, and when hot add the almonds. Sauté until evenly and delicately browned. Drain on paper and sprinkle with salt. Cool before serving.

Pecan nut meats, blanched pistachio nuts and peanuts may be salted in the above manner.

HOW TO COLOR ALMONDS

Blanch 2 cups of almonds; cool and wipe dry. Then place them in a bowl, and add 5 tablespoons of olive oil. Let stand for 1 hour, stirring occasionally. Then place in a baking pan in a hot oven (450°) until evenly browned. Turn out on waxed paper to dry.

To color, chop blanched and dried almonds and spread on white paper. Add a few drops of whatever food coloring is desired, rubbing almonds together until color is evenly distributed. Dry carefully and keep for use.

HOW TO COLOR COCONUT

Sprinkle some shredded coconut on waxed paper; add a little food coloring and rub evenly throughout. Dry and store in jars.

HOW TO COLOR SUGAR

Place some granulated sugar on a piece of stiff white paper; sprinkle over it a few drops of the desired food coloring and rub with a wooden spoon or between the hands until evenly distributed. Dry in a moderate oven (350°), occasionally separating the grains by rubbing them between the fingers. Store in an airtight container.

VANILLA OR CLOVE SUGAR

1 ounce vanilla beans, or 2 ounces cloves
1 pound loaf sugar

Chop the vanilla beans (or cloves) and pound them in a mortar or a bowl with the sugar, rubbing all through a fine sieve. Store in airtight containers.

All ready for the gang whether at home or in the dormitory →

STOCK SIRUP

Place 2 cups of granulated sugar in a saucepan; add 2 cups of water and bring slowly to the boiling point. Remove the scum from the surface. Cover and boil for 4 minutes to allow the condensing steam to clear any crystals of sugar from the sides of the pan. Boil gently for 25 minutes. Then remove from heat, allow to cool, and store in a jar for use in making bonbons.

HOW TO CLARIFY STOCK SIRUP

After making the sirup in the above manner pour it in a steady stream over stiffly beaten egg whites, allowing 2 egg whites to 1 pound of sugar.

Return to pan and simmer until the whites coagulate and rise to the surface; strain.

HOW TO STUFF DATES

Remove the stones from dates and stuff them with any nut meats. Close the dates, then brush over with a little beaten egg white; roll in colored sugar, colored coconut, or chopped pistachio nuts, or spangle with brilliantine.

Dates may be stuffed with flavored and colored fondant, then closed and soaked in a little sherry wine for about 10 minutes. To finish, drain and roll them in fine sugar.

They may also be stuffed with such delicacies as seedless raisins, marshmallows, walnuts chopped to a paste, preserved ginger and cherries chopped together, and finely chopped shredded coconut. Stuffed dates are delicious dipped in melted fondant or chocolate, or glacéed.

TO PREPARE FIGS AND PRUNES FOR STUFFING

Steam figs or prunes 15 minutes or until plump and soft. Remove pits from prunes. Cut slit in sides of figs.

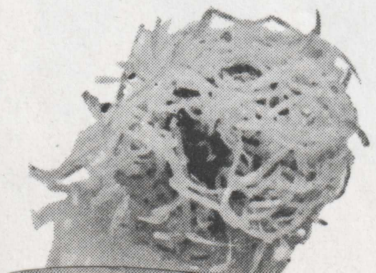
CRYSTALLIZED MINT LEAVES

2 pounds mint leaves
5 cups sugar
2 cups water
Pinch cream of tartar

Remove the mint leaves from the stalks and wash in cold water; spread on white paper to dry.

Place 4 cups of the sugar together with the water in a saucepan and dissolve thoroughly, stirring with the thermometer. When dissolved, add the cream of tartar and cook until it forms a soft ball when tested in cold water, or to 240°.

Remove from heat and add the mint leaves, pressing them down under the sirup. Return to heat and allow to boil up once, then pour gently into a cold bowl. The following day drain on a wire rack. To the sirup add the remaining cup of sugar, and cook without stirring to the soft-ball stage, or to 240°. Drop in the mint and set aside overnight; then drain again, heat to the boiling point and add the mint. Remove from heat and stir gently until the sirup begins to grain; then pour onto sheets of paper; shake and separate the leaves; when dry, pick them from the sugar. Use for decorating candies.



CRYSTALLIZING

8 cups sugar
4 cups water

Put the sugar and water in a saucepan and heat, stirring until the sugar is dissolved. Cook to 225°. Remove the thermometer and gently lift the pan to a table. On the hot sirup lay a piece of paper with a small hole cut in the center and set to cool before using. (The paper should be dipped in cold water and should fit closely around the sides of the pan.)

Place the candies to be crystallized on racks in the pans of a crystallizing tray. Remove any crystals which may have formed on the sirup and lift off the paper covering. Pour enough of the sirup over the candies on each rack to completely cover them. Cover the candies with a piece of damp muslin and leave undisturbed for 10 to 12 hours. When an especially thick coating of crystals is desired, it is necessary to leave the candies in the sirup longer.

Lift off the muslin and drain away the sirup; remove the candies, place on wire racks and leave in a warm place overnight to become dry. The surfaces of the candies should then be covered with fine sugar crystals.

Many candies are improved in appearance and keeping qualities by being crystallized, and some look better if crystallized twice.

TO SEND CANDY BY MAIL

Line buttered tin boxes with waxed paper, pour the candy in while hot, mark in squares when cool enough. Cover and wrap. Wrap hard candies separately.

PULLED SUGAR

4 cups sugar
1 cup water
1 tablespoon glucose
¼ teaspoon cream of tartar

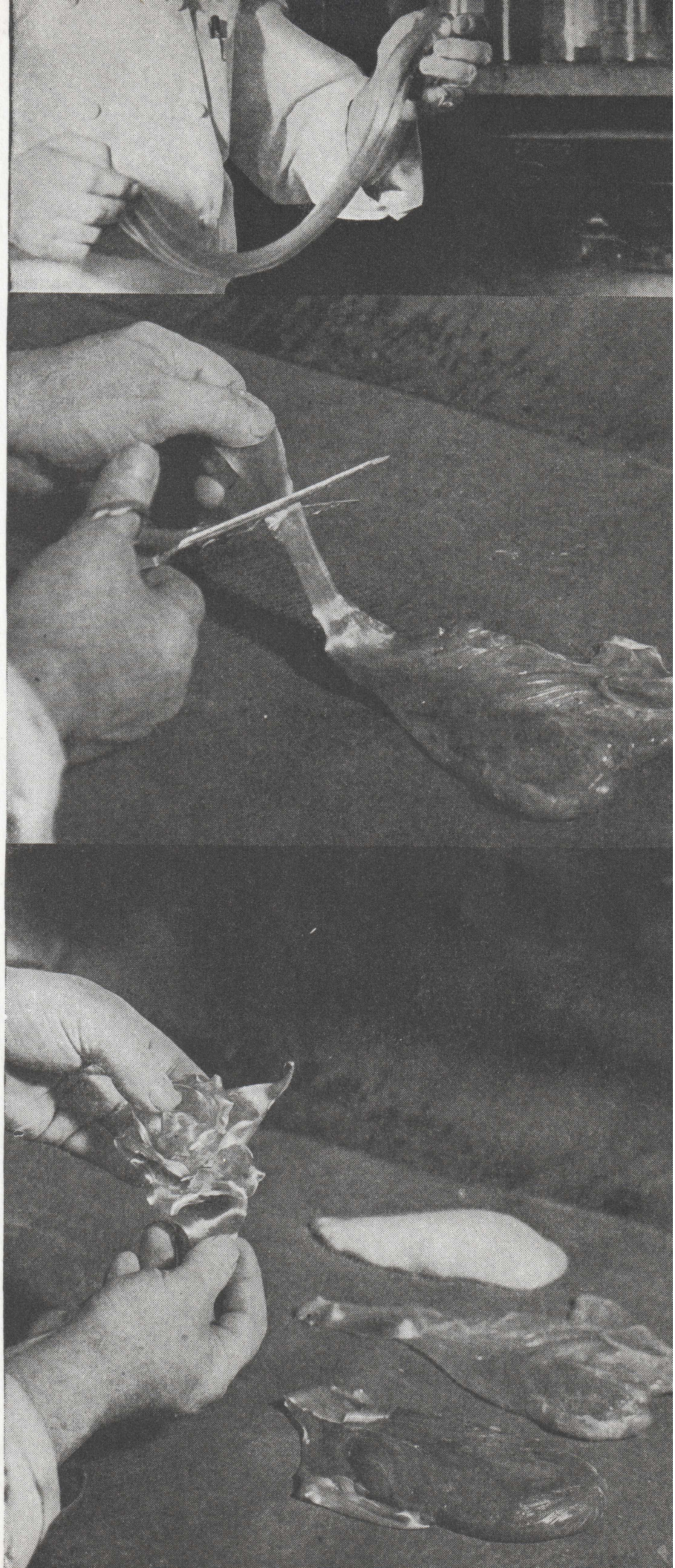
Put the sugar and water in a saucepan and set in a warm place to dissolve. When thoroughly dissolved place on range and add the glucose and cream of tartar. Cook as quickly as possible to 312°, or to the hard-crack stage; remove at once from the heat. Dip the pan in cold water to stop the boiling. Then pour the sirup on a lightly oiled slab, and as the edges cool lift them toward the center of the mass, using a knife.

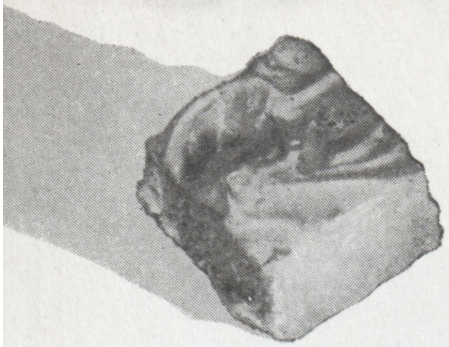
When the sugar is cool enough to handle, roll into a ball and pull with the fingers from the two sides, turning the ends over from side to side and into the center; pull all parts evenly.

The sugar will soon take on a white sheen and become whiter and whiter. Care should be taken that it does not become too cold. While shaping the pulled sugar into fancy forms, it should be pulled near the heat of an oven or in front of a batch-warmer, but not overheated.

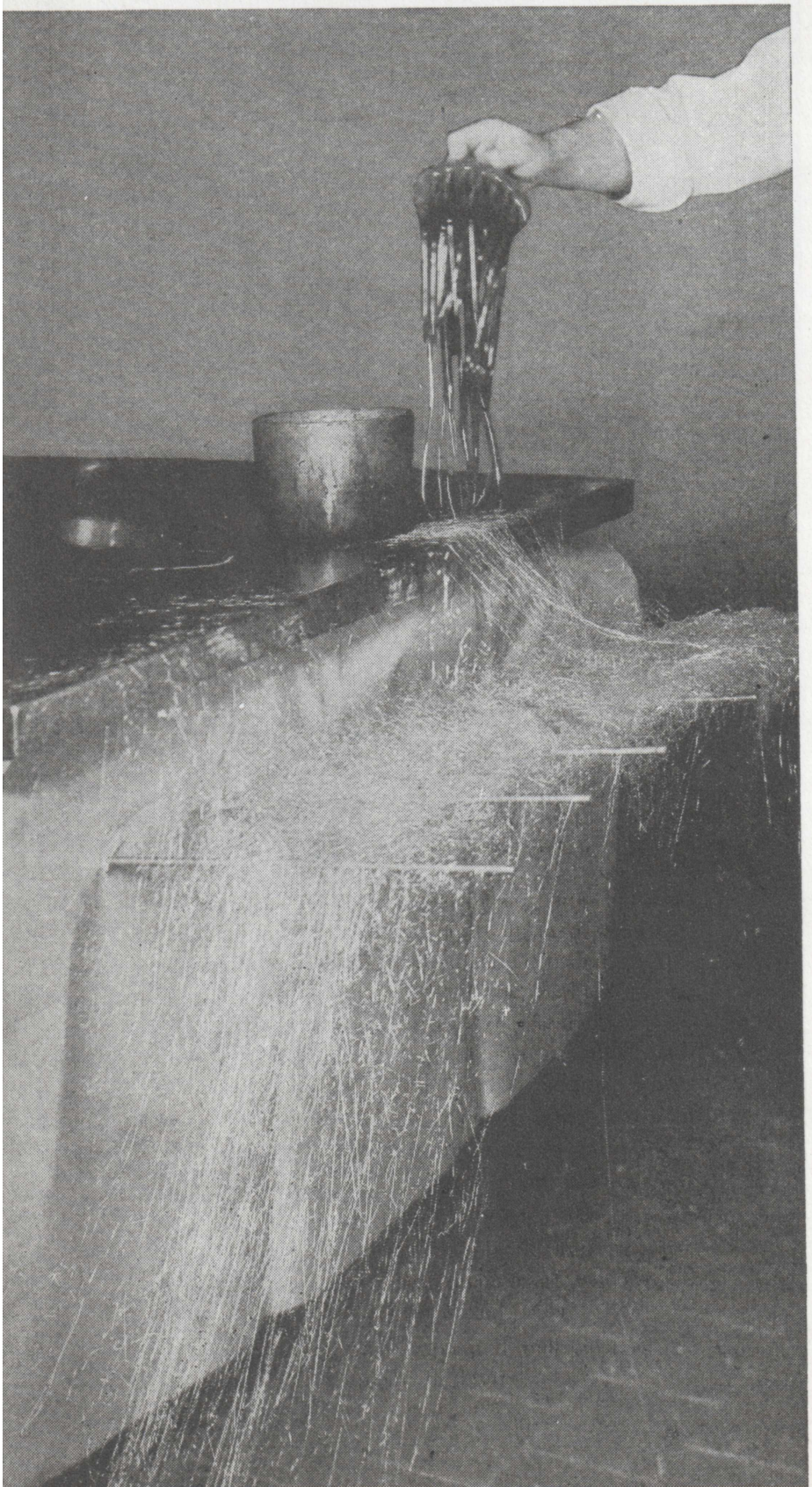
To make a pulled-sugar rose, pull a piece of sugar with the thumb and forefinger of the right hand and break this portion off short. Shape the piece into a round with a thin edge; press in at the center and fold over to bring the thin edges almost together to represent the center of a rose just beginning to open. Pull some petals and arrange three or four of them slightly higher than the bud, adding more if necessary.

Use a real flower as a pattern. Make leaves and stem of green pulled sugar





Try your hand at making spun sugar. It's lots of fun and the results are a joy forever



HOW TO SPIN SUGAR

4 cups sugar, 2 cups water
Pinch cream of tartar
1 teaspoon glucose

Spinning sugar simply consists of drawing the hot sugar, which has been boiled to a hard crack, into fine strands which will harden immediately and retain their form.

Dissolve the sugar in the water while heating and stirring. Cook to 280°, or to the soft-crack stage. Then add the cream of tartar and glucose and continue cooking to 310°, or to the hard-crack stage. Remove quickly from heat and to prevent the sugar from changing its color, set the pan in cold water. Then remove and place in warm water.

Oil a rolling pin or the blade of a large knife and hold it out straight with the left hand; then with the right hand dip a warm spoon into the sirup and shake it backward and forward over the rolling pin. The sugar will fall across the pin in long threads. Continue the operation until enough spun sugar is obtained; then cut off the ends and press as desired into molds, or shape. Another method of spinning the sugar is to oil the handles of two wooden spoons and fasten them in drawers or under weights with the ends projecting over the edge of a table. Cover the floor underneath with clean paper or several large baking pans. Then take a large fork, two forks, an egg beater, or a bunch of wires, and dip into the sirup. Move quickly backward and forward over the oiled spoon handles. Continue until there is a mass of sugar threads resembling silk. The threads may be made either fine or coarse by moving the forks or spinners slowly or quickly.

If in the course of spinning the sirup becomes too firm to use, warm the pan over a low heat and continue the spinning process.
The sirup may be colored, if desired.
Spun sugar is used for decorating candies and cakes and for garnishing desserts.
It must be made and kept in a very dry atmosphere and used as soon as possible.

HOW TO MAKE BRILLIANTINE

Put 2 ounces of gum arabic and ½ cup of water in a double boiler and stir occasionally while heating over hot water.
When melted, strain through a piece of fine muslin. Dip a stiff brush into the gum and brush it lightly over pieces of clean, polished glass. Dry in a warm room. When dry and set, scrape or brush the brilliantine off. It may then be rolled with a rolling pin or left in tiny flakes, to be used for spangling candies. Color may be added, if desired.

ROYAL ICING FOR DECORATING CANDIES

2 cups confectioners' sugar
2 egg whites
2 teaspoons lemon juice

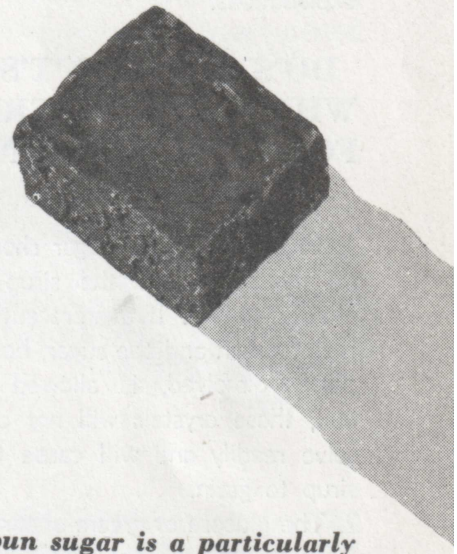
Sift the sugar into a bowl. Add the egg whites and lemon juice. Stir until well mixed, then beat with a wooden spoon for about 15 minutes. The icing should be creamy but too stiff to drop from the spoon. If too thick, add more egg white; if too thin, add a little more sugar. Tint if desired. Use a small bag and tube for applying icing decorations to candies. Allow to become thoroughly dry before serving.

The ethereal delicacy of this centerpiece is due to the spun sugar border and pulled sugar flowers

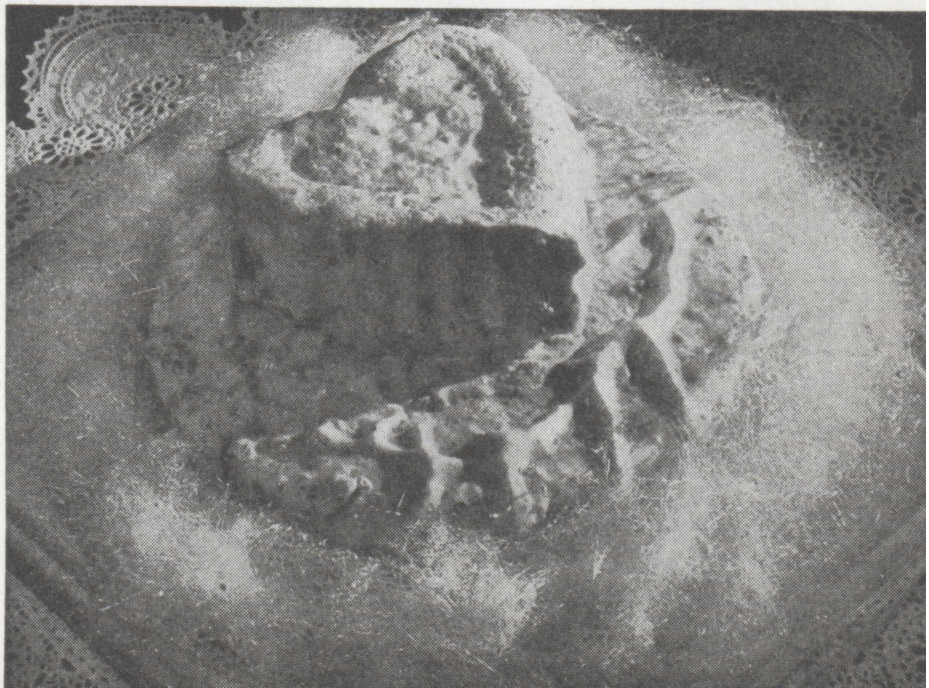
ORANGE SUGAR

12 oranges
½ pound loaf sugar

Wash and dry the oranges; cut off the thin yellow rinds, rejecting all the white peel. Dry thoroughly. Then place the rinds together with the sugar in a mortar or a bowl, and pound. Rub through a fine sieve and store in an airtight tin.
Tangerine and lemon sugars may be made in the same way.
Flavoring sugars are very useful and economical, and in many instances may be substituted for extracts
Flavored sugars may be crushed with a rolling pin and used for coating stuffed fruits.



Spun sugar is a particularly lovely garnish for molded ice cream or other frozen desserts



FONDANT CANDIES

Fondant is a creamy, smooth confection made of sugar, water and some substance such as glucose, cream of tartar, corn sirup or lemon juice. Its uses far surpass those of other candies because fondant not only forms the base of many delightful sweets, but is used for coating nuts, fruits and other confections.

Because there are certain important rules involved in fondant making, all simple when they are pointed out, the following standard recipe is given in much detail, with a list of hints and explanations.

DO'S AND DON'T'S, WHY'S AND WHEREFORE'S OF FONDANT MAKING

1. Every particle of sugar should be melted before the sirup is allowed to boil. If this precaution is not taken and the sugar, being partly dissolved, is allowed to boil, these crystals will not dissolve readily and will cause the sirup to grain.
2. The glucose or cream of tartar is used to prevent too rapid crystallization of the sugar and should be added after the sugar is dissolved.
3. Do not stir or move the pan after the mixture boils, or the sirup will become sugar.
4. Allow the sirup to "settle" before creaming the mass.
5. Add the desired coloring and flavoring to the lukewarm fondant at the beginning of the beating period, if desiring one flavor and color for the entire batch; otherwise, add the coloring and flavoring extract to the fondant as it is used in various candies.
6. Allow the fondant to ripen for one hour before using it to make candies.

BASIC FONDANT

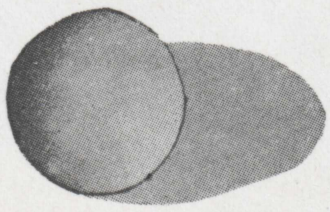
6 cups sugar
2 cups water
1 tablespoon glucose, or
Pinch cream of tartar

Place the sugar and water in a large saucepan and heat, stirring until the sugar is completely dissolved; then stop stirring. Wash down the inside of the pan to the sirup's edge with a small brush dipped in water, or with a fork wrapped in a damp cloth. When the sirup begins to boil, add the glucose or the cream of tartar.

Continue the boiling, without stirring, until the thermometer registers 240° or until a few drops form a soft ball when tested in cold water. Remove from heat at once, allow to stand 4 minutes, or until the air bubbles disappear; then pour into a large wet platter or onto a marble slab between candy bars. (The sirup should not be deeper than 1½ inches.) Set in a cool place and when lukewarm (110°) beat with a wooden spoon or a hardwood paddle.

Turn the sugar backward and forward, leaving no part untouched, until the whole mass becomes white and opaque.

Knead until smooth and free from lumps. Wet and wring a small towel, place it over the fondant and allow it to remain there for at least 1 hour. (This is called the curing process.) Remove the cloth and knead just as you would bread dough, until creamy and smooth. Store in an airtight jar. (If left exposed to the air the fondant will get hard and dry.)



BUTTER FONDANT

3 cups sugar
1 cup milk
2 tablespoons butter
1 teaspoon glucose

Place the sugar, milk and butter in a saucepan; when dissolved, add the glucose and cook to 240° or to the soft-ball stage.

Remove from heat and pour into a platter which has been rinsed with cold water. When cool, beat until creamy; then knead until smooth. Keep in an airtight jar. When wanted for use, make into balls for centers.

MAPLE FONDANT

4 cups brown sugar
2 cups maple sirup
2 cups hot water
1 tablespoon glucose

This fondant is cooked and tested in the same way as the Basic Fondant, but usually requires longer beating to make it creamy. It makes delicious centers, which must be allowed to dry before they are crystallized, dipped in melted fondant or chocolate.

MAPLE NUT CREAMS

Pour melted maple fondant to the depth of an inch into a shallow buttered pan; cover with a layer of chopped nuts or chopped dried fruits, or both mixed, and add a layer of colored fondant. When cool, mark off into squares with a wet knife.

HOW TO HANDLE FONDANT

As fondant is either shaped into bonbons or melted and used for coating confections, the following explanations of these processes will prove helpful to the amateur fondant maker.

TO PREPARE FONDANT FOR DIPPING

Place 1 cup of fondant in top of a double boiler, or in a dish placed in a pan of water. Heat, keeping water just below the boiling point. Stir only enough to blend, adding a very small quantity of stock sirup or boiling water if mixture is too stiff. When melted, add the coloring and flavoring desired; stir as little as possible to prevent crystallization. Remove from heat and lower the centers, one at a time, into the mixture on a dipping fork.

Note: Work quickly so the fondant will not become too thick to manipulate; in that case, however, add a few drops of boiling water to bring mixture back to correct consistency.

TO SHAPE BONBONS

Take any quantity of fondant. Add any desired flavor and color and knead thoroughly until well blended. Break off small pieces of the fondant and shape or cut into balls, cubes, strips, patties, diamonds, or odd shapes. Let stand for several hours to dry.

Chopped nuts and candied fruits may be added to the fondant before it is shaped, if desired.

Then there is the process of shaping the bonbons in starch with the aid of small molds: Fill a square wooden tray with some fine, dry cornstarch, leveling it off even at the top. Press the molds into the starch as close together as possible.

Warm a quantity of fondant in a saucepan and color and flavor according to taste, stirring constantly with a wooden spoon. If too thick, a little stock sirup can be added while the fondant is hot; then fill the impressions which are in the starch and let stand until cold. When cold, remove the fondants and brush them, removing all starch.

Another method of shaping bonbons is to melt the fondant and run it into rubber mats. Prepare the fondant by warming a quantity in a small saucepan placed in a shallow pan of boiling water, or in the top of a double boiler. Stir with a wooden spoon until it melts to the consistency of thick cream. If too firm to run smooth readily, reduce the consistency by adding a few drops of hot water or stock sirup.

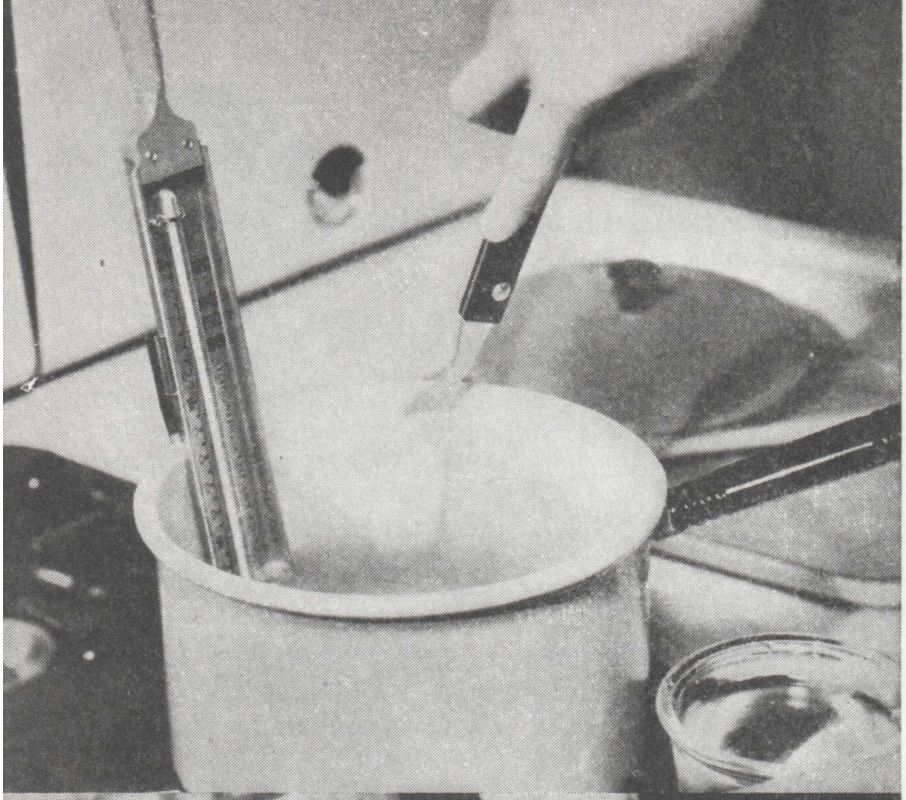
The fondant must not simmer or boil. When melted, pour into the rubber mat or into a paper icing bag; then force it into the impressions in the mat. The impressions can be half-filled with one color, then filled up with another color.

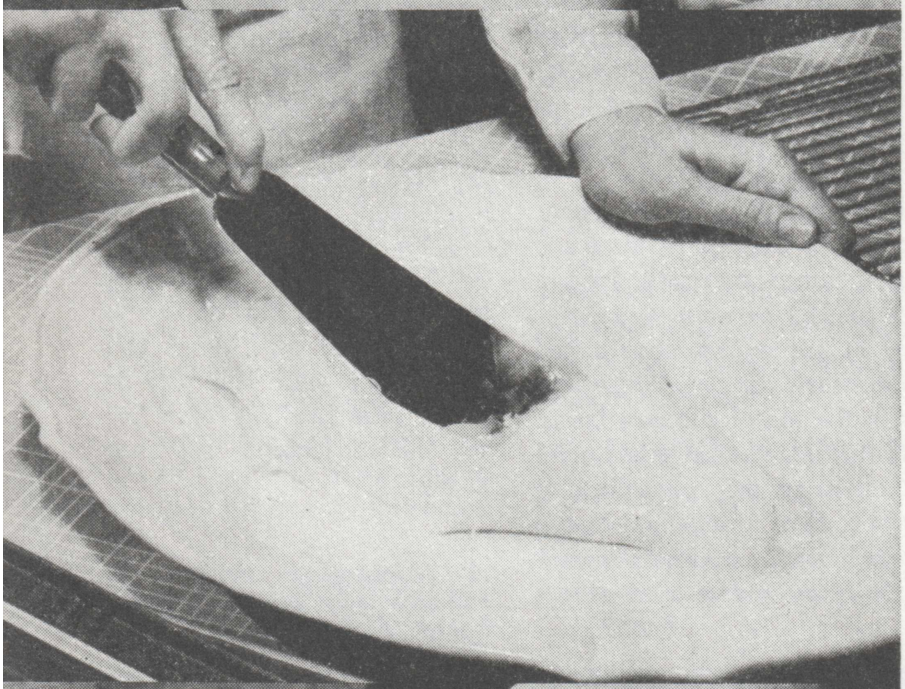
MARASCHINO BONBONS

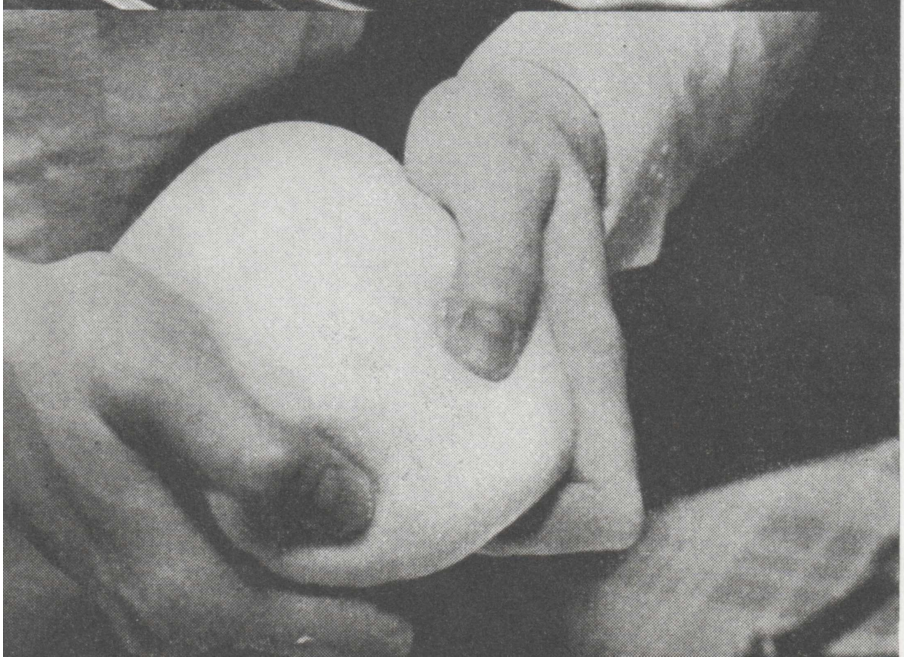
¼ pound gum arabic
1 cup water
1 cup maraschino liqueur
Confectioners' sugar
Maraschino cherries
Orange-flavored fondant

Soak the gum arabic in the water overnight. Then melt and strain it through a piece of fine muslin. Add the maraschino liqueur and sufficient sifted confectioners' sugar to make it stiff enough to roll into small balls. Press half a cherry into each ball. Dry on waxed paper and dip each ball into melted fondant. Set aside to dry.

A fascinating variety of candies may be made from basic fondant







THINGS TO MAKE WITH BASIC FONDANT

FONDANT PATTIES OR AFTER-DINNER MINTS

Melt the fondant as for dipping, using such flavor and color combinations as:

COLOR	FLAVOR
White	Peppermint, vanilla
Pink	Wintergreen
Green	Spearmint, almond, lime
Red	Cinnamon, clove

The melted fondant may be either dropped from the tip of a spoon or poured through a funnel onto waxed paper or a greased, flat surface. When firm, loosen and lift on a clean, soft cloth.

BURNT ALMOND BONBONS

1 cup blanched almonds
1 cup ground almonds
2 cups flavored fondant

Brown and chop the blanched almonds. Melt the fondant and add both the browned almonds and the ground almonds. Stir well and pour onto a buttered slab. Roll small portions in strips, then cut the strips into small cushions. Put on waxed paper to dry. Coat with melted fondant, melted chocolate, or glacé sirup.

COCONUT BALLS

Work into 1 cup of vanilla fondant as much chopped, shredded coconut as possible without its becoming too stiff to mold. Roll in balls, allow to dry and dip in melted fondant. Roll in chopped coconut before fondant coating becomes firm.

To insure success in making fondant, use a candy thermometer and remove crystals from sides of pan

CREAMED GRAPES

Cut Malaga or Tokay grapes from the bunches, leaving the stems as long as possible. Wash and dry thoroughly. Holding them by the stems, dip them, one at a time, into some melted flavored fondant; then place on waxed paper to dry. Whole nut meats, pieces of candied fruits, small stemmed fruits and bits of marzipan may also be coated with melted fondant, using a fork to lift them into and out of the fondant.

FRUIT FONDANT

Into 1 pound of unflavored fondant knead the following: chopped raisins, chopped dates, chopped figs, and the desired chopped candied fruits. Press into a flat cake about an inch thick and cut into bars. When dry, dip in melted chocolate or melted fondant, or both.

When dipped in melted fondant, decorate with chopped nuts, silver dragées, tiny candies, or small pieces of candied fruit.

JAM SANDWICHES

Cut fondant into small squares, putting two squares together with a little strawberry or raspberry jam. Dip in melted chocolate.

NUT CREAMS

Tinted and flavored fondant is very delicious combined with chopped nuts and shaped into balls. Whole nut meats may be pressed into the tops, or the balls may be dipped in chocolate. These balls are good when merely rolled in cocoa or cinnamon.

Add flavoring and coloring a drop at a time. Mold and cut slices for dipping into melted fondant or chocolate

Children will love to make candies from balls of fondant and walnut halves, dates, cherries and coconut

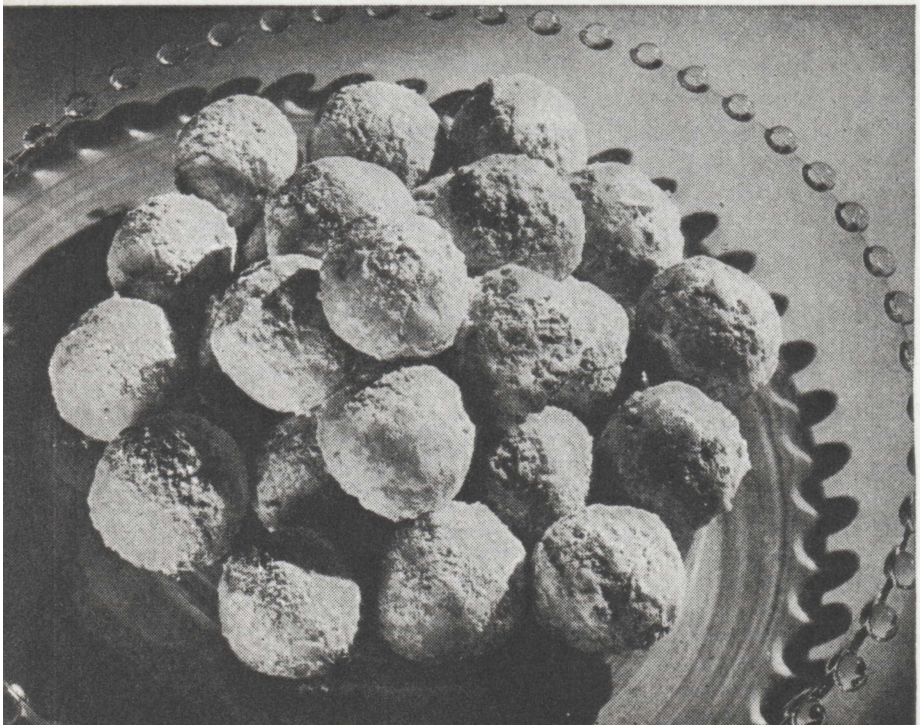
CHOCOLATE FONDANT

While beating the lukewarm fondant add 2 squares of melted chocolate and 1 teaspoon of vanilla extract for each pound of candy. Or add a few drops peppermint extract for vanilla.

PINEAPPLE BONBONS

Roll flavored fondant out thin, spread with chopped candied pineapple and work it into the fondant. Roll out again, cut in strips, topping each with a piece of pineapple. Allow to dry before serving.

Shape chocolate into balls and roll in confectioners' sugar, cocoa or cinnamon



OLD-FASHIONED RIBBON CREAMS

1 pound fondant
Almond extract to taste
Pistachio extract to taste
Green food coloring
Pistachio nuts, chopped
Rose extract to taste
Red food coloring
Grated chocolate to taste
Vanilla extract to taste

Work the fondant until it is soft; then divide it into four portions. Leave one part white and flavor it with the almond extract; to another add the pistachio extract, green coloring and chopped pistachio nuts; to the third add the rose extract and the red coloring, and to the fourth add the grated chocolate and vanilla extract.

Knead the chocolate portion until smooth, then roll out into a square cake half an inch thick. Take the white portion, and after working it well, roll it out the same size and lay it on the chocolate cream. Mix the green portion, roll it, and lay it upon the white layer; then take the red-tinted cream, roll it, and lay upon the green layer. Press together gently with a rolling pin. Trim the edges and let stand for about 1 hour. Cut into squares, diamonds or strips and arrange on waxed paper to harden. Crystallize, if desired.

If desired, dip creams in melted fondant or chocolate.

SPICED COCOA ROUNDS

Make a mixture of the desired amount of ground ginger, cinnamon, cloves, nutmeg, and cocoa, and knead into a lump of fondant. Roll out on a board dusted with confectioners' sugar and cut into rounds. Place on waxed paper to harden.

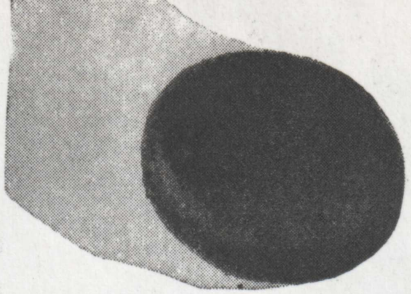
HOMEMADE COATING CHOCOLATE

1 pound chocolate
2 cups sugar
2 ounces cocoa butter
Vanilla extract to taste

Melt the chocolate in top of a double boiler, add the sugar, and mix well. Melt the cocoa butter and stir it in gradually with the vanilla extract. Remove from heat. Dip each center in the mixture, turn it around and drop on baking sheet. Decorate the top with a twisted strand of chocolate. Nut meats, candied fruits, coconut, or silver dragées may be added for further decoration. Let stand until set.

POINTERS ON DIPPING CHOCOLATES

1. The temperature of the room for dipping should be from 60° to 65°.
2. Use a special dipping fork, which is very inexpensive, or a two-tined kitchen fork for dipping the chocolates; dip only one center at a time.
3. As a guide to determine the correctness of the dipping mixture—the first piece should be dry by the time the fourth or fifth center has been dipped.
4. If the chocolate thickens before dipping is finished, put more hot water in the lower part of the double boiler.
5. The dipped chocolates should be kept out of steam and cold air.
6. When set, pack the chocolates in boxes lined with waxed paper, as they should never be exposed to the air for any length of time.
7. Leftover chocolate may be remelted or used for centers.



CHOCOLATE ALMOND AND RAISIN BALLS

2 cups almonds, blanched and chopped
4 cups seeded raisins
1 teaspoon almond extract
Melted coating chocolate

Mix the nuts, raisins and almond extract and put through the food chopper. Roll the mixture into small balls and allow them to dry. Dip in melted chocolate and drop on a baking sheet.

CHOCOLATE ALMONDS

Almonds, Coating Chocolate

Blanch the almonds and put them on a baking pan in the oven until slightly browned. When cold, dip them into melted coating chocolate and drop onto a pan to harden.

Note: The almonds are very good if they are dipped first into glacé sirup and then into the melted chocolate.

CHOCOLATE BONBONS

4 squares grated chocolate
½ pound vanilla fondant

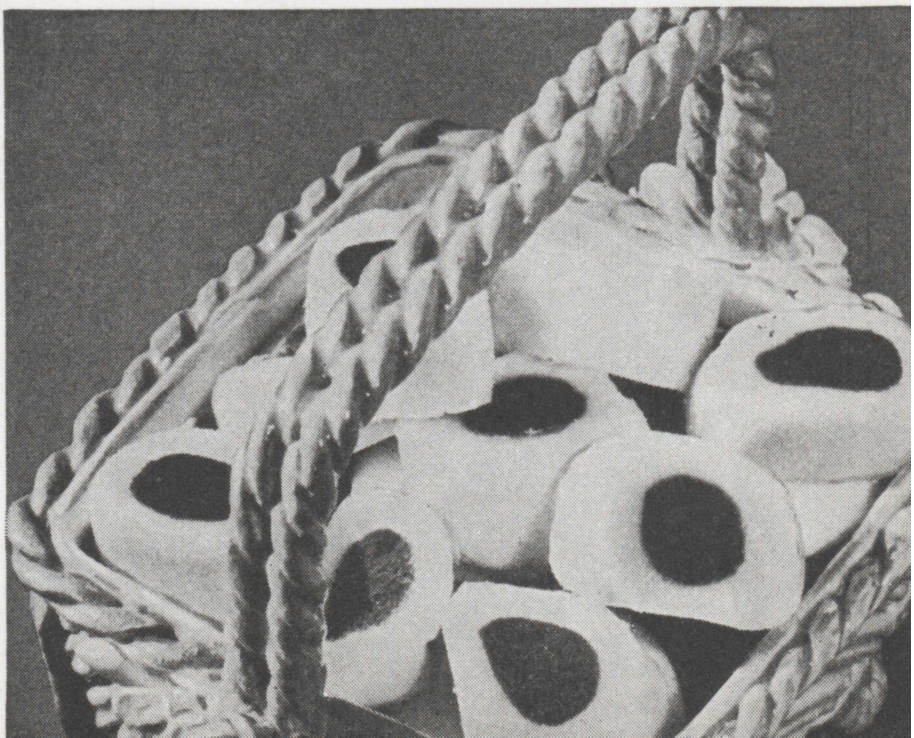
Knead the chocolate into the fondant on a slab. Form into small balls and allow to dry on waxed paper. Dip in melted fondant or in melted coating chocolate.

DIPPED COCONUT FUDGE

3 cups brown sugar
8 tablespoons golden sirup
2 tablespoons butter
Pinch of salt
3 cups shredded coconut, chopped
1 teaspoon vanilla extract
½ teaspoon almond extract
Melted coating chocolate

Cook the sugar, sirup and butter to 240°, or to the soft-ball stage. Add the salt and remove from heat. Add the coconut and extracts. Spread in a pan lined with waxed paper. Cut into small pieces. When cold, dip in melted coating chocolate.

Brown-eyed Susans have chocolate centers wrapped in yellow fondant



CHOCOLATE DATES

1 pound dates
4 squares chocolate
½ cup confectioners' sugar
2 tablespoons boiling water
½ teaspoon vanilla extract

Wipe the dates and extract the pits through a small lengthwise slit.

Grate the chocolate into a small saucepan; add the sugar, boiling water, and vanilla extract, and heat without boiling until smooth; keep mixture fluid by setting saucepan in a pan of boiling water.

Fill dates with the chocolate mixture, gently pressing the edges together. Let stand to harden.

CHOCOLATE MARSHMALLOWS

4 ounces gum arabic
1 cup water
1 cup sugar
1 teaspoon almond extract
3 egg whites
Melted coating chocolate

Soak the gum arabic in the water overnight; then strain into a double boiler, add the sugar, and cook until mixture thickens. Remove from heat and add the almond extract with the stiffly beaten egg whites. Beat the mixture until stiff, then pour into a pan which has been dusted with equal quantities of confectioners' sugar and cornstarch. Dust top with the cornstarch mixture. Let stand overnight, then cut in rounds and dip in chocolate.

There is nothing quite so much fun as dipping centers in melted chocolate

CHOCOLATE NOUGATINES

1 cup almonds, blanched
1 tablespoon honey
1 cup sugar
1 teaspoon vanilla extract
Melted coating chocolate

Chop the almonds and toast to a pale brown in the oven. Place the honey in a saucepan and heat slowly. Add the sugar and heat, stirring constantly, until melted. Add the almonds, stir over a moderate heat until mixture turns a light brown in color; then add the vanilla extract. Pour on a buttered slab. Roll out thin and cut into squares. Allow to dry on waxed paper, then dip in melted chocolate when firm.

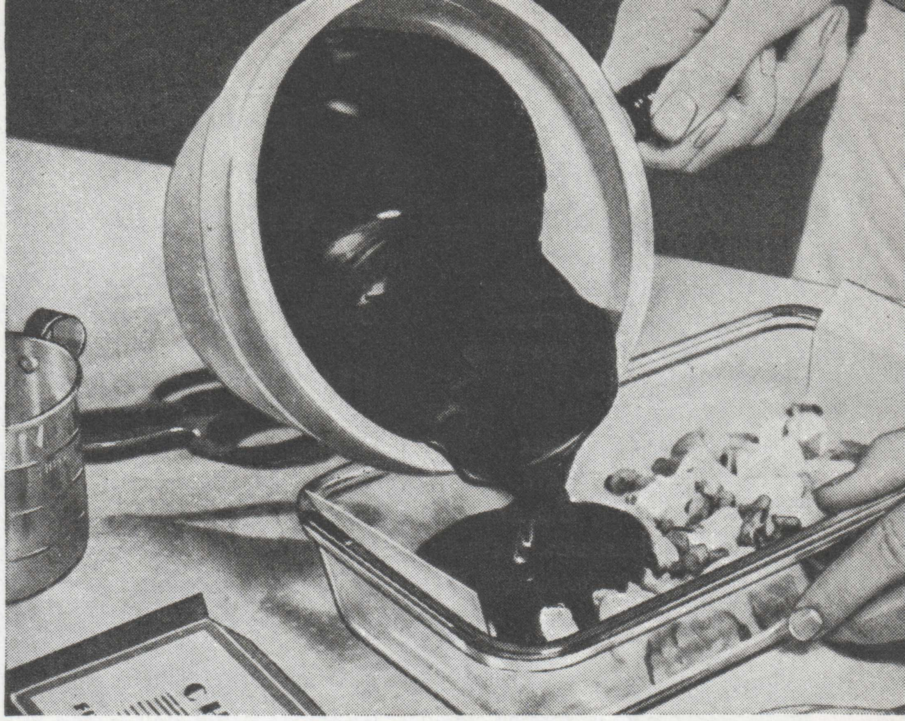
CHOCOLATE PEANUT BARS

2 cups sugar
1 cup milk
3 tablespoons peanut butter
1 teaspoon vanilla extract
Melted coating chocolate

Place the sugar, milk, and peanut butter in a saucepan and cook, stirring constantly, to 240° or to the soft-ball stage. Remove from heat and add the vanilla extract; then beat until mixture begins to harden. Pour into a buttered pan or between buttered candy bars. When cold, cover with chocolate and when firm cut into bars.

CHOCOLATE POPCORN BALLS

2 cups sugar
½ cup water
Pinch cream of tartar
1 teaspoon vanilla extract
½ teaspoon almond extract
8 cups popcorn
Melted coating chocolate



Pour melted dipping chocolate over marshmallows and nuts to make bars

Cook the sugar, water, and cream of tartar to 260°, or to the hard-ball stage; then add the flavors. Pour a portion of the sirup over the popcorn and let the remainder stand in a warm place.

Form into small popcorn balls, then dip them into the remaining sirup, one at a time. Lay on waxed paper to become firm; then dip into melted chocolate.

CHOCOLATE BARS—Arrange 10 quartered marshmallows and ½ cup walnuts in lined pan. Melt 8 ounces dipping chocolate and pour over. Cool and cut.

Marshmallows may be dipped after the gang comes if the guests don't mind sticky fingers

FUDGES

CHOCOLATE FUDGE

2 cups sugar
2 squares chocolate, chipped
⅔ cup cream, milk or water
2 tablespoons light corn sirup
2 tablespoons butter
Few grains salt
1 teaspoon vanilla extract

Place sugar, chocolate, liquid, corn sirup, butter, and salt in a saucepan and heat slowly, stirring until the sugar is dissolved. Cover until boiling point is reached. Cook without stirring until the temperature 240° is reached, or until a soft ball is formed when a few drops are placed in cold water. Add vanilla extract, then cool, without stirring, to lukewarm (110°). Beat until creamy and mixture loses its shine. Pour into a buttered square pan and mark into squares.

Note: If mixture becomes too stiff to spread, the candy may be kneaded, or a few drops of cream may be added to bring the mixture back to spreading consistency.

WHITE FUDGE

Make as for Chocolate Fudge, omitting chocolate and corn sirup.

RIBBON FUDGE—Make 1 recipe chocolate fudge, add ½ cup chopped nuts and pour into deep square pan. Pour 1 recipe white fudge on top. Tint a second recipe white fudge a delicate pink, add ½ cup cut candied cherries and spread over top.

FUDGE PINWHEELS—Make 1 recipe chocolate fudge, beat until stiff, place on board dusted with confectioners' sugar and roll out into a rectangle ⅛ inch thick with rolling pin dusted with confectioners' sugar. Make ⅓ recipe Basic Fondant, roll out to rectangle of same size and thickness, place on chocolate fudge and roll crosswise like jelly roll. Chill. Slice.

Wait patiently until fudge has cooled to lukewarm, then beat vigorously

ALMOND FUDGE

4 cups sugar
2 tablespoons golden sirup
1 cup milk, 1 teaspoon salt
¾ cup almonds, chopped
1 tablespoon vanilla extract

Place the sugar, sirup, milk and salt in a deep saucepan. Stir until mixture boils up well, then continue boiling without stirring for about 15 minutes, or until it reaches 240°, the soft-ball stage. Remove from heat, add the almonds and vanilla extract. Beat until creamy and pour into a buttered pan.

CHOCOLATE MAPLE FUDGE

1 cup maple sugar
1 cup brown sugar
2 tablespoons butter
¾ cup golden sirup
2 squares chocolate, chipped
¾ cup cream
½ cup shredded coconut
½ cup nut meats, chopped

Place the sugars, butter, sirup, chocolate and cream in a saucepan; cook, stirring constantly, to 240°, or to the soft-ball stage. Remove from heat, add the coconut and beat until creamy. Pour into buttered pans, sprinkle nuts over the top and mark into squares when cool.

SOUR CREAM CANDY

3 cups brown sugar
1 cup sour cream
Salt, ¼ cup butter
1 teaspoon vanilla extract
1 cup chopped English walnuts

Combine the sugar and cream and cook to 240°, or to the soft-ball stage. Remove from heat, add a pinch of salt and the butter. Beat until mixture begins to grain. Stir in the vanilla extract and the nut meats and pour into a buttered pan.

MOLASSES FUDGE

1 cup brown sugar
1 cup granulated sugar
3 tablespoons molasses
½ cup cream
¼ cup butter, melted
2 squares chocolate, chipped
1½ teaspoons orange extract
¼ cup angelica, chopped

Combine the sugars, molasses and cream in a saucepan, then add the butter. Bring to a boil and boil for 3 minutes, stirring vigorously. Add the chocolate, boil for 5 minutes, stirring quickly at first, then more slowly.

Remove from heat, add orange extract and angelica. Stir until mixture thickens, then pour into buttered pans.

PANOCHA

2 cups light brown sugar
⅔ cup milk
1 tablespoon butter
1 teaspoon vanilla extract

Place sugar, milk and butter in saucepan, and cook, stirring constantly, to 240°, or to the soft-ball stage. Remove from heat, add vanilla extract and cool, without stirring, to lukewarm (110°). Beat until thick and creamy. Pour into buttered pans and mark into squares.

MAPLE PANOCHA

1 cup granulated sugar
1 cup maple sugar
2 cups brown sugar
1 cup cream
2 tablespoons butter
1 cup nut meats, chopped

Place the sugars and cream in a saucepan, and cook without stirring to 240°, or to the soft-ball stage. Remove from heat and cool slightly, then add the butter and nut meats. Beat until creamy and pour into buttered pans. Cut into bars or squares when cool.

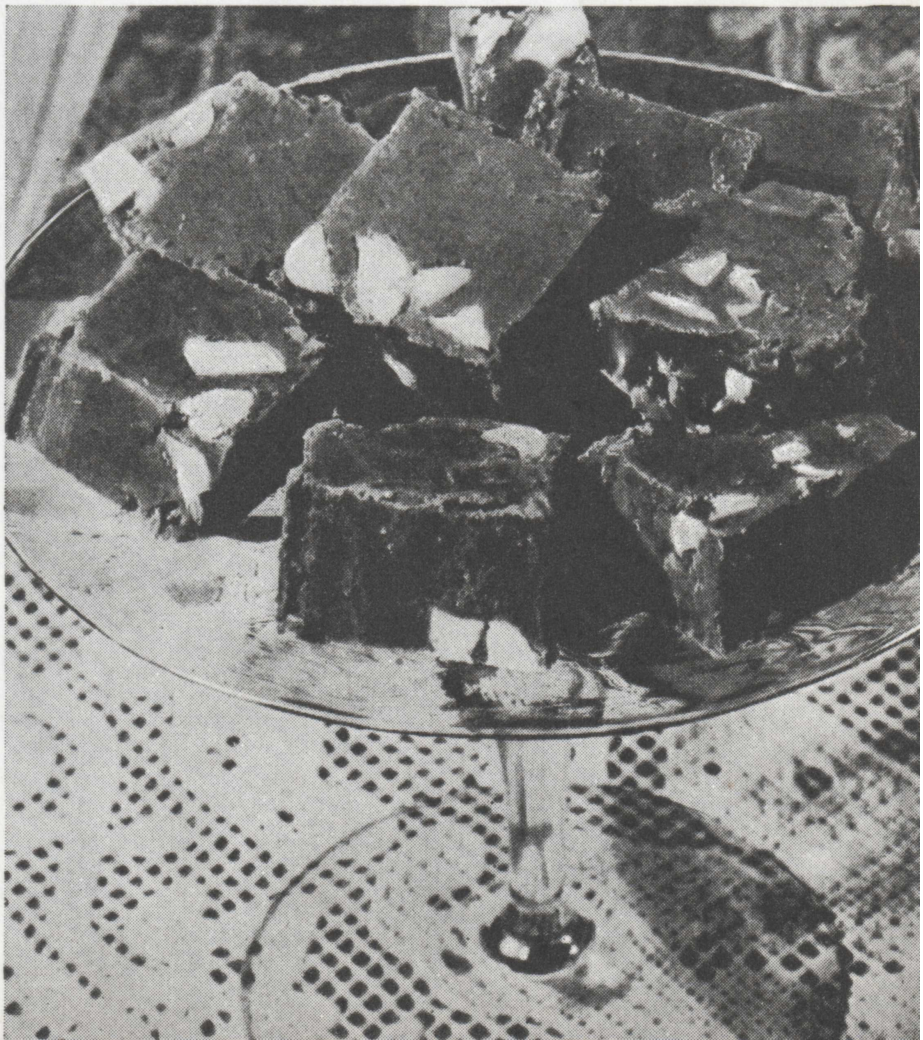
COFFEE PANOCHA

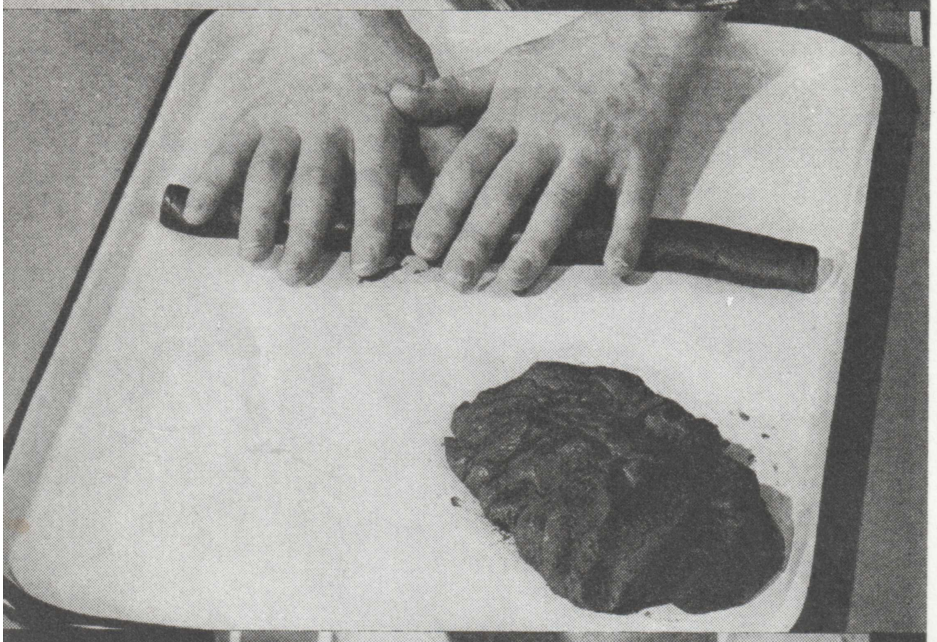
Substitute ⅔ cup of strong coffee infusion for the ⅔ cup of milk called for in the Panocha recipe, following the same directions for cooking and beating.

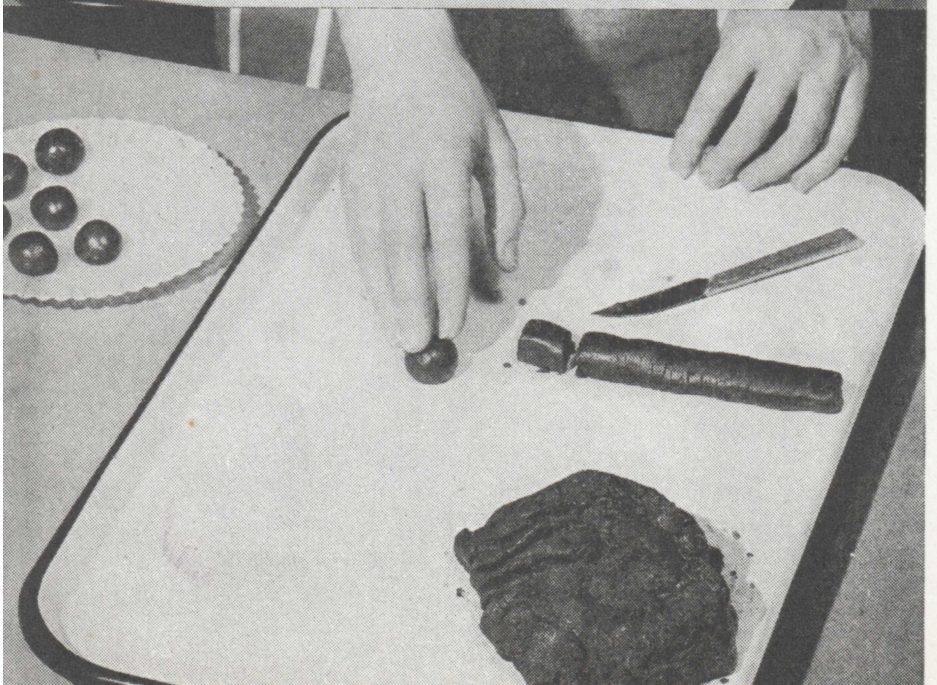
Add ½ cup nuts, if desired.

To produce creamy texture, follow the same general principles for both fudge and panocha

Nuts are most enjoyable in either fudge or panocha if they are left in rather large pieces







COCOA FONDANT FUDGE

2½ cups sugar
1 tablespoon glucose
3 tablespoons butter
½ cup cocoa
½ cup milk
1 teaspoon vanilla extract
2 tablespoons fondant

Place the sugar, glucose, butter, cocoa, and milk in a saucepan and cook, stirring constantly, to 240°, or to the soft-ball stage. Remove from heat, stir in the vanilla extract and the fondant. Then beat until creamy and thick and pour into a buttered pan. When firm, cut in squares.

CONDENSED MILK CANDY

2 tablespoons butter
2 teaspoons golden sirup
1 cup cream
1 can condensed milk
2 cups sugar
Pinch cream of tartar
1 tablespoon candied pineapple, chopped
Few drops red food coloring

Place the butter, sirup, cream, and condensed milk in a saucepan and cook slowly, stirring until blended. Add the sugar and stir until dissolved, then add the cream of tartar.
Cook to 240°, or to the soft-ball stage. Add the pineapple and the red coloring, and cook to 252°, or to the hard-ball stage. Remove from heat and stir until mixture begins to grain; then pour quickly into well-buttered pans. When cool, cut into squares. When cold, break apart.

Prepared fudge mix may be poured into a pan and cut into squares or kneaded and shaped into balls

WHIPPED CREAM FUDGE

3 cups brown sugar
1 cup milk
½ cup butter
Pinch of salt
½ square chocolate, chipped
1 cup whipped cream
1 cup walnut meats, chopped
1 teaspoon vanilla extract

Place the sugar in a saucepan, add the milk, butter, salt, and chocolate, and blend thoroughly. Cook to 245°, or to the firm-ball stage.

Remove from heat and beat for about 3 minutes with a wire whisk. Add the whipped cream and beat well, then add the nuts and vanilla extract.

Beat until almost cold, then pour into buttered pans and mark into squares.

CARAMEL CREAM SQUARES

2¼ cups sugar
1 cup milk
2 tablespoons butter
1 cup nut meats, chopped
1 teaspoon vanilla extract

Melt ¼ cup of the sugar in a small saucepan and stir until dark brown in color. Combine the remaining sugar and the milk and heat to the boiling point. Then slowly add the melted sugar, stirring constantly. Cook to 240°, or to soft-ball stage. Add the butter, nuts and vanilla extract, remove from heat and beat until creamy. Pour into buttered pans, and when cool cut in squares.

MALTED MILK NUT DAINTY

2 cups dry malted milk
4 cups water
5 cups sugar
1 teaspoon vanilla extract
½ cup nut meats, broken
½ cup raisins

Dissolve the malted milk in 1 cup of the water. Then add the sugar and the remaining water, which has been heated to boiling. Cook to 240°, or to the soft-ball stage. Then add the vanilla extract, nut meats and raisins. Beat until mixture begins to grain, then pour into a buttered pan. When cool, cut into squares.

NUT KISSES

3 cups sugar
½ cup water
Pinch cream of tartar
1 cup nut meats, chopped
½ cup seeded raisins, chopped
1 teaspoon vanilla extract

Combine the sugar, water and cream of tartar and stir until sugar is dissolved. Cook to 240°, or to the soft-ball stage. Remove from heat and beat until white and creamy. Then stir in the nuts, raisins and extract, beating until a paste is formed. Mold with fingers and when firm dip in melted coating chocolate, or fondant if desired.

BAKED FRUIT FUDGE

2 tablespoons butter
1 cup sugar
2 eggs
2 squares chocolate, melted
1 teaspoon lemon extract
1 teaspoon orange extract
½ teaspoon vanilla extract
½ cup flour
½ cup dates, raisins, figs, candied pineapple or cherries, chopped

Cream the butter and sugar together, then add the beaten egg yolks, melted chocolate, and extracts; beat well. Thoroughly blend in the flour and fold in the stiffly beaten egg whites.

Pour over the fruit arranged in a buttered baking pan and bake for about 30 minutes in a slow oven (300°). When cool, cut in squares.

This candy, like fruitcake, improves with age.

Roll the fudge balls in cocoa, coconut, chocolate decorettes or chopped nuts

CARAMELS

BRAZIL CREAM CARAMELS

2 cups sugar
2 cups cream
2 tablespoons glucose
¼ cup butter
1 teaspoon lemon extract
1 cup Brazil-nut meats, chopped

Dissolve the sugar in 1 cup of cream, heating slowly. Add the glucose, and cook, stirring frequently, to 240°, or to the soft-ball stage. Add the remaining cream and the butter. Cook to 252°, or to the hard-ball stage. Remove from heat, add the lemon extract and nut meats, stirring as little as possible. Pour into buttered pan. Cut when cool.

Use English walnuts or black walnuts instead of Brazil nuts and use vanilla instead of lemon extract.

Caramels decorated with whole Brazil nuts or animal crackers will delight grown-ups as well as children

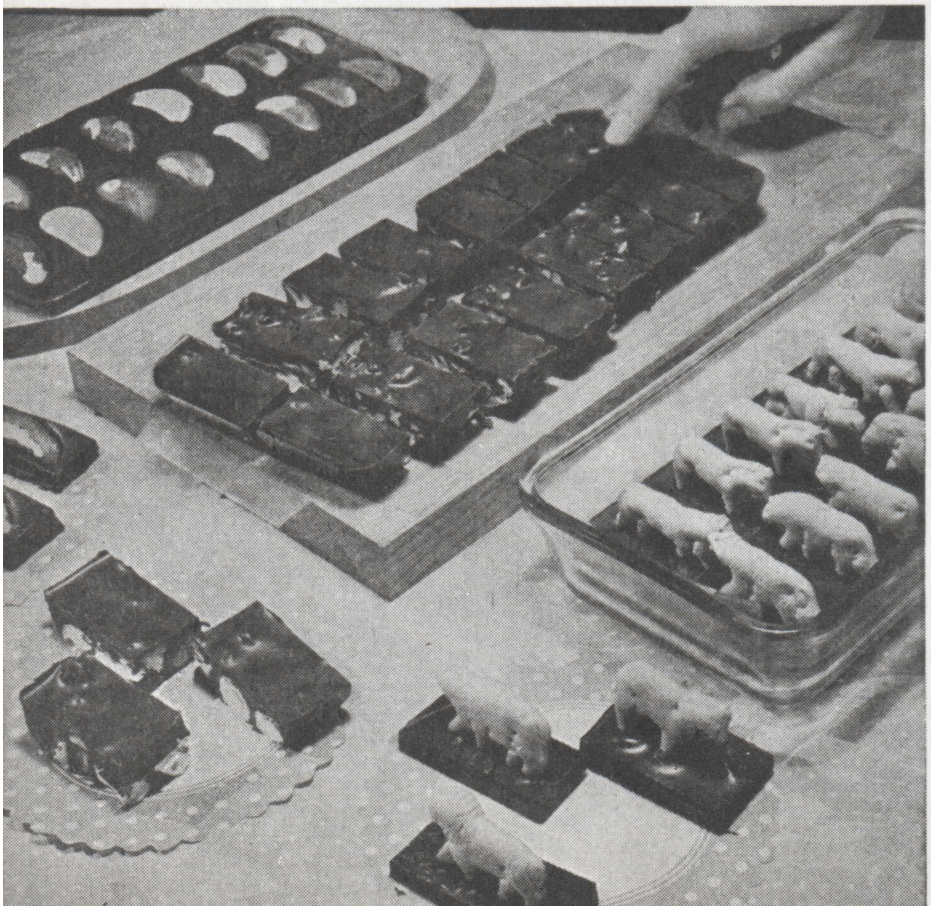
BROWN SUGAR CARAMELS

2 cups granulated sugar
½ cup boiling water
1 cup cream
1 tablespoon glucose
1 cup light brown sugar
1 cup nut meats, chopped
1 teaspoon vanilla extract

Place 1 cup of the granulated sugar in a saucepan and heat, stirring constantly, until melted. Slowly add the boiling water and stir until blended. Add the cream and glucose and stir for about 5 minutes. Then add the brown sugar and the remaining granulated sugar and cook to 245°, or to the firm-ball stage.

Remove from heat, add the nuts and the extract, and beat until creamy. Pour into a pan lined with waxed paper. Spread out smoothly and mark into squares while warm. Cut when cool.

Use evaporated milk for cream.



CHOCOLATE MOLASSES CARAMELS

3 cups sugar
1 cup butter
1 cup milk
1 tablespoon glucose
1 cup molasses
4 squares chocolate, chipped
1 teaspoon vanilla extract
½ teaspoon lemon extract

Place the sugar, butter, milk, glucose, molasses, and chocolate in a saucepan and cook, stirring constantly, to 252°; or to the hard-ball stage. Add the extracts and pour into buttered pans. When cool, cut into pieces with buttered scissors.

INEXPENSIVE MILK CARAMELS

2 cups sugar
1 cup light corn sirup
3 cups milk
¼ cup butter
½ teaspoon salt
1 teaspoon vanilla extract

Heat sugar and sirup in 1 cup of milk, stirring until dissolved. Then cook, stirring frequently, to 246°-248°, or to the firm-ball stage. Slowly add the second cup of milk, and repeat the cooking process. Add the final cup of milk, the butter and salt, and cook to 246°-248°, or until a ball tested in cold water is of the firmness desired in the finished caramel.

Remove from heat, add vanilla extract and pour at once into a buttered pan, marking in squares when cool.

Add chopped nuts or coconut.

Rich chewy caramels with your assortment of creamy candies add another notch to your reputation →

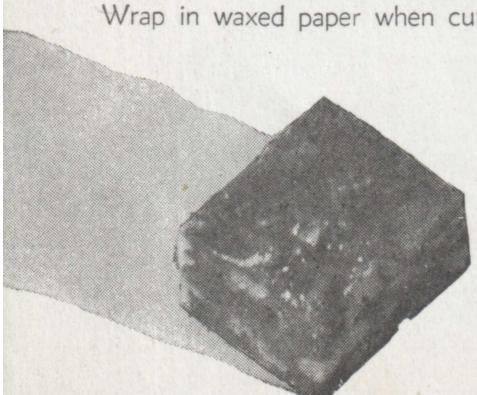
Caramels are cheerful travelers, ideal for sending in gift boxes

HONEY RUM CARAMELS

2 cups sugar
2 cups strained honey
1 cup glucose
1 cup milk
4 cups cream
2 tablespoons butter
1 tablespoon rum
1 tablespoon vanilla extract

Place the sugar, honey, glucose, and milk in a saucepan; stir over a low heat until dissolved. Then cook, stirring frequently, to 250°, or to the hard-ball stage.

Add the cream gradually, boiling slowly and stirring constantly. Then add the butter, rum and vanilla extract and cook to 255°, or to the hard-ball stage. Pour at once into a buttered pan. Wrap in waxed paper when cut.



MAPLE NUT CARAMELS

1 cup maple sirup
1 cup cream
1 teaspoon glucose
Pinch of salt
2 tablespoons fondant
1 teaspoon lemon extract
1 cup nut meats, broken

Place the maple sirup, cream, glucose, and salt in a saucepan and heat, stirring constantly, until dissolved. Cook, stirring frequently, to 252°, or to the hard-ball stage. Remove from heat and let stand for 5 minutes. Then add the fondant, lemon extract, and nut meats. Stir until mixture begins to grain, then quickly pour into buttered pans.

When cool, mark into squares, breaking them apart when cold. Wrap in waxed paper.

Use evaporated milk instead of cream, if desired.

TUTTI FRUTTI CANDY

6 cups sugar
2 cups water
Pinch cream of tartar
1 cup figs, chopped
1 cup candied cherries, chopped
1 cup candied pineapple, chopped
1 cup preserved ginger, chopped
1 cup seeded raisins, chopped
1 cup nut meats, chopped
1 teaspoon vanilla extract
1 teaspoon lemon extract

Dissolve the sugar in the water; then add the cream of tartar and cook for about 15 minutes. Add the fruits and nut meats and cook to 300°, or to the hard-crack stage. Remove from heat, add extracts and beat until thick. Pour mixture into a damp cloth and shape into a loaf. When cold, cut into slices.

NUT DREAMS

1½ cups molasses
¾ cup sugar
¾ cup butter
Pinch baking soda
2 cups figs, chopped
1 teaspoon vanilla extract
1 teaspoon lemon extract
1 teaspoon almond extract
1 cup pecan nut meats
1 cup hickory-nut meats
1 cup English walnut meats
1 cup Brazil-nut meats
1 cup blanched pistachio nuts

Place the molasses and sugar in a saucepan and cook, stirring constantly, to 260°, or to the hard-ball stage. Add the butter and continue to cook, stirring constantly, to 280°, or to the soft-crack stage.

Add the soda, figs, extracts and the nuts broken in small pieces. Pour into a well-buttered mold or pan and leave in a cool place for 12 hours. Turn out and cut in slices. Wrap the slices in waxed paper.

STANDARD DIVINITY

2 cups sugar
½ cup light corn sirup
¼ teaspoon salt
½ cup hot water
2 egg whites
1 teaspoon vanilla extract

Dissolve sugar, sirup, and salt in the hot water. Cook, without stirring, to 248°, or to the firm-ball stage; wash down with a damp cloth any crystals that may form on the sides of the pan during cooking. Remove from heat and pour gradually over the stiffly beaten egg whites, beating constantly with a wire whisk. Add extract and continue beating until mixture will hold its shape when dropped from a spoon. Drop by teaspoonfuls on waxed paper or spread into a buttered pan and mark in squares.

Note: Should the divinity become too stiff to manipulate, add a few drops of hot water to bring it back to spreading consistency. If for some reason the divinity does not harden, cook it over hot water until mixture will hold its shape. Chopped nuts, shredded coconut, or dried or candied fruits add interest to divinity and should be added during the beating process.

CHOCOLATE DIVINITY

From 1 to 2 squares of melted chocolate may be added to the beaten divinity mixture while it is still warm. As the chocolate tends to make the finished candy harder, it will be necessary to add a few drops of hot water to the mixture before turning it out of the bowl.

HONEY NUT DIVINITY

1 cup sugar
2 tablespoons strained honey
½ cup boiling water
2 teaspoons butter
1 egg white
½ teaspoon almond extract
Almonds or pecan nut meats

Place the sugar, honey, boiling water, and butter in a saucepan, stirring until dissolved. Cook slowly to 240°, or to the soft-ball stage.

Pour the sirup over the stiffly beaten egg white, beating constantly. Add the almond extract and beat until creamy. Drop on waxed paper and decorate with nut meats.

Fluffy nuggets of divinity make lovely candies for the bridge table

CARAMEL DIVINITY

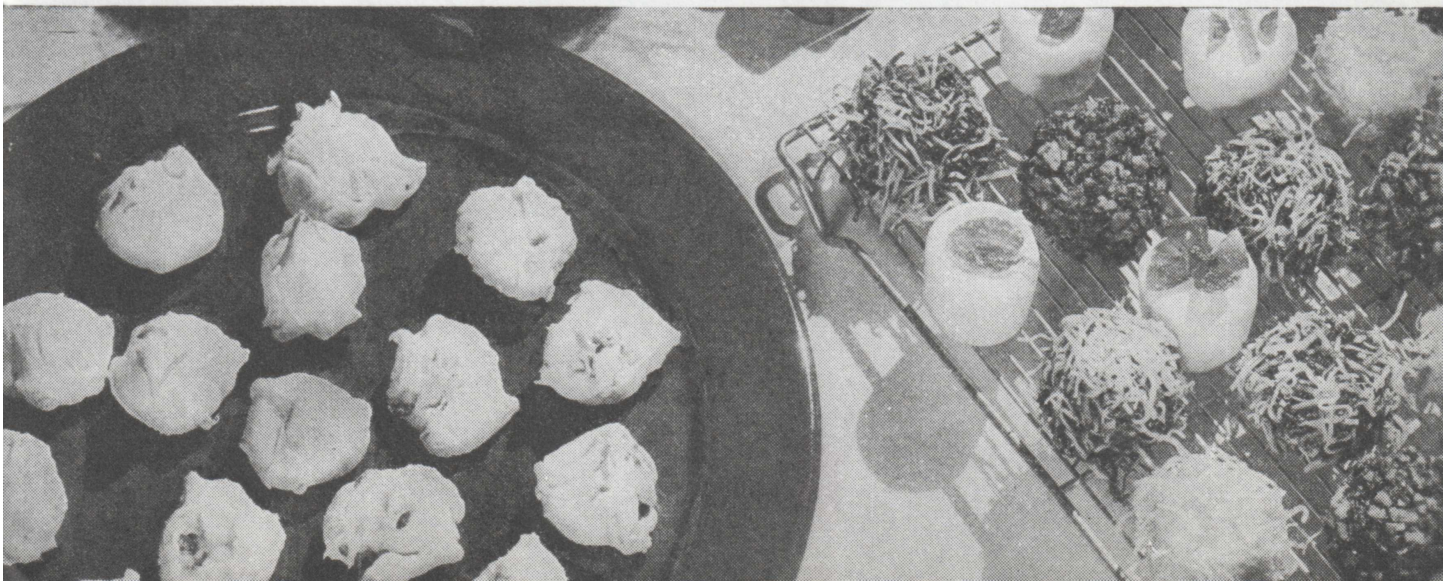
2 cups brown sugar
2 cups water
1 egg white
1 teaspoon vanilla extract

Melt and cook the brown sugar until it is caramelized. Slowly add the water and cook, stirring constantly, to 240°, or to the soft-ball stage. Then pour slowly into the stiffly beaten egg white, beating constantly. Add the vanilla extract and beat until mixture is thick enough to drop. Drop on waxed paper in tiny spoonfuls.

SEA FOAM

3 cups light brown sugar
¼ teaspoon salt
¾ cup water
2 egg whites
1 teaspoon vanilla extract

Dissolve the sugar and salt in the water. Cook, without stirring, to 255°, or to the hard-ball stage. Remove from heat and pour gradually over beaten egg whites, beating constantly. Add vanilla extract. Continue beating until candy cools and will hold its shape. Then drop by spoonfuls on waxed paper, or spread into buttered pan and mark in squares



CHOCOLATE NOUGAT

2 cups sugar
1 teaspoon glucose
½ cup water, ¼ cup butter
1 teaspoon almond extract
½ cup grated chocolate, melted
¼ cup preserved cherries, chopped
¾ cup blanched almonds, chopped

Place the sugar in a saucepan, add the glucose, water, and butter. Dissolve and stir slowly over the heat; then cook, without stirring, to 240°, or to the soft-ball stage. Remove from heat and pour at once into a bowl, rinsed in cold water. When nearly cold, stir in the extract and add the melted chocolate. Beat until a firm mass is formed. Cover with waxed paper and a clean cloth and leave in a cool place for about ½ hour. Then knead until smooth and place in a double boiler, heating until warm enough to pour.

Mix in the cherries and the almonds and pour into a nougat frame lined with wafer paper. Cover with wafer paper and set a board and a heavy weight on the top. Leave for about 5 hours, then turn out and cut into strips.

Nougat is a luxurious sort of candy well worth the extra attention it requires

FRENCH NOUGAT

2 cups glucose
3 cups sugar
1 cup water
2 egg whites
1 cup almonds, blanched and chopped
1 teaspoon almond extract
1 cup candied angelica, cut into small pieces

Place the glucose, sugar, and water in a saucepan and cook to 270°, or to the soft-crack stage. Beat the egg whites to a stiff froth and gradually add the hot sirup, beating constantly.

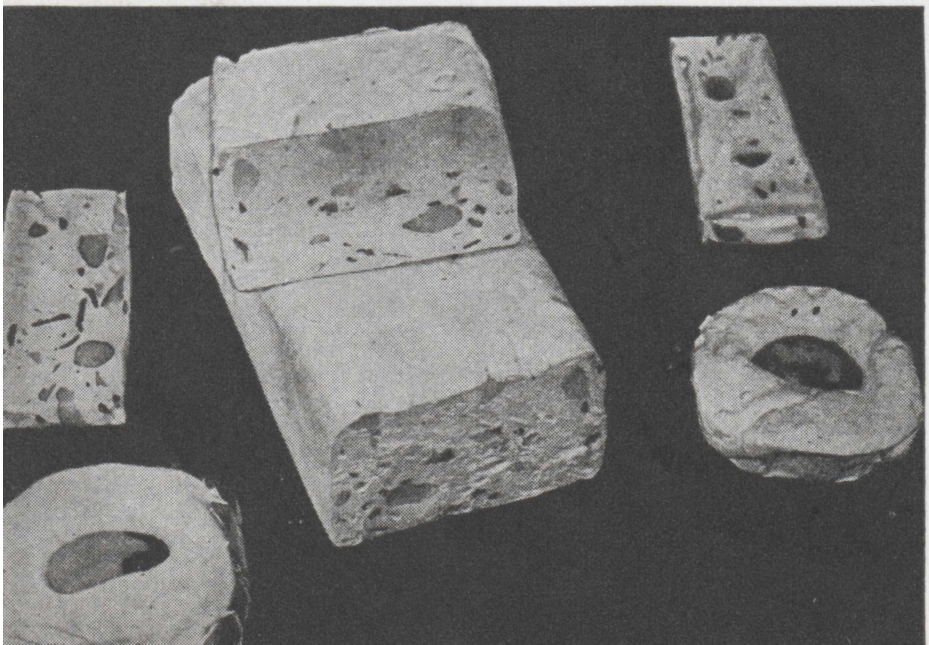
When the mixture begins to set, add the almonds, almond extract, and angelica.

Pour at once into a nougat frame lined with wafer paper, cover top with wafer paper, then cover with a sheet of white paper, using a board and a heavy weight to press it flat.

Let stand for 12 hours. Cut into strips and wrap in waxed paper. Use chopped candied cherries instead of angelica.

CARAMEL NOUGAT

2 cups confectioners' sugar
Juice of ½ lemon
1 teaspoon glucose
3 cups almonds, blanched and chopped



Place the sugar, lemon juice, and glucose in a saucepan and heat, stirring constantly, until the sugar melts and changes to a light brown color. Remove from heat and mix in the almonds, which have been warmed.

Return to heat and stir for a few minutes; then turn into a thickly buttered flat pan.

Press the nougat into warm greased molds, or mold small pieces with the fingers, on an oiled slab or table top. Set aside to cool.

NOUGAT MONTÉLIMAR

15 tablespoons strained honey
4 tablespoons glucose
2¼ cups sugar, ¾ cup water
Pinch cream of tartar
3 egg whites
1 tablespoon vanilla extract
1 cup preserved cherries, chopped
5 cups almonds, blanched and shredded
1 cup pistachio nuts, blanched and shredded

Place the honey and glucose in a double boiler and cook, stirring constantly, until heated.

Place the sugar, water, and cream of tartar in a saucepan and cook to 290°, or to the soft-crack stage. Pour over the stiffly beaten egg whites, beating constantly; then add to the honey and glucose mixture in the double boiler. Heat and stir until the mixture becomes stiff, then add remaining ingredients.

Pour into nougat frames which have been lined with wafer paper, cover with the same kind of paper, then place a board and a heavy weight on top. Let stand until cold. Cut into bars with a sharp knife, using a sawing motion. Wrap in waxed paper.

TAFFIES AND KISSES

BROWN SUGAR MOLASSES KISSES

1 cup butter
1¼ cups brown sugar
5 tablespoons warm water
1 tablespoon glucose
¾ cup molasses

Place the butter, sugar, water, glucose, and molasses in a large saucepan and heat slowly until dissolved. Then cook, stirring constantly, to 254°, or to the hard-ball stage. Pour into a buttered pan.

Turn the corners and sides into the middle of the batch with a buttered knife, to cool the candy equally and keep it soft. Pull lightly for about 10 minutes, then pull out in strips and cut. Wrap in waxed paper.

Sprinkle nuts over hot sirup in pan and mix thoroughly through candy when it is pulled.

OLD-FASHIONED MOLASSES TAFFY

1¼ cups sorghum or dark molasses
¾ cup sugar
1 tablespoon vinegar
1 tablespoon butter
⅛ teaspoon soda
⅛ teaspoon salt

Combine sorghum, sugar and vinegar and cook to 270°, or to the soft-crack stage; stir occasionally to prevent burning. Remove from heat, add butter, soda, and salt, and stir just enough to blend. Pour into buttered pans. When cool enough to handle, gather into a ball and pull between ungreased finger tips until firm and light in color. Cut into pieces and wrap in waxed paper. Add a few drops of oil of peppermint or of peppermint extract to the above recipe before pulling.

WHITE TAFFY

1½ cups sugar, ½ cup water
½ tablespoon vinegar
¼ teaspoon cream of tartar
1 teaspoon lemon extract

Place the sugar, water, vinegar, and cream of tartar in a saucepan. Cook to 290°, or to the soft-crack stage. Add the extract and pour out on a buttered platter. When cool enough to handle, pull until white and glossy. Cut into sticks or cushions.

WINTERGREEN KISSES

1 cup golden sirup
1 cup water
2 cups brown sugar
Pinch cream of tartar
½ teaspoon wintergreen extract
Few drops red food coloring

Place the sirup, water, and sugar in a saucepan and stir until the sugar is dissolved. Add the cream of tartar and cook to 250°, or to the hard-ball stage. Remove from heat and add the wintergreen extract and coloring. Pour into a buttered platter. Pull when cool enough to handle. Roll out, cut, and wrap in waxed paper.

TAFFY APPLES

2 cups sugar
½ cup water
Pinch cream of tartar
½ cup butter
1 teaspoon vinegar
½ cup cream
6 or 8 apples

Place the sugar and water in a saucepan and heat until dissolved. Add the cream of tartar, butter, vinegar and cream. Cook, stirring constantly, to 290°, or to the soft-crack stage. Remove from heat. Dip each apple, held by a skewer, into the boiled sirup and carefully place on a buttered plate to harden.

Taffy apples satisfy the children's sweet tooth and pay extra dividends in minerals and vitamins

Put aprons on your guests and have an old-fashioned taffy pull in the kitchen or rumpus room

CREAM KISSES

3 cups sugar, 1 cup water
1 teaspoon vinegar
Pinch cream of tartar
1 cup rich cream
1 teaspoon vanilla extract
½ teaspoon lemon extract

Dissolve the sugar in the water and vinegar. Heat, and when boiling point is reached add the cream of tartar. Cook to 240°, or to the soft-ball stage, then slowly add the cream and cook to 254°, or to the hard-ball stage. Pour out into a buttered pan. When cool, add the extracts and pull until white. Cut.

SALT-WATER TAFFY

2 cups sugar
5 tablespoons water
1 tablespoon butter
1 teaspoon vanilla extract
Pinch cream of tartar

Dissolve the sugar in the water. Add the butter and cook, without stirring, to 290°, or to the soft-crack stage. Add the extract and cream of tartar and pour into a buttered pan. When cool enough to handle, pull until white. Stretch out in front of a batch-warmer or in front of the range. Cut and wrap in waxed paper.

CHOCOLATE TAFFY

1 cup brown sugar
⅓ cup corn sirup
⅔ cup water
1 cup molasses
¼ teaspoon salt
2 tablespoons butter
4 ounces (squares) chocolate, melted
1 tablespoon vanilla

Combine first 6 ingredients. Cook slowly, stirring constantly until mixture boils. Cook to 290° or to soft-crack stage. Pour into buttered pan, pour chocolate over candy and as edges cool fold in toward center. Add vanilla and continue folding until cool enough to pull. Pull until cold and cut into pieces.

NUT TAFFY

2 cups sugar
1 cup light corn sirup
½ cup chopped black walnuts

Boil sugar and sirup together to 272° or to soft-crack stage. Pour onto greased platter and sprinkle with nuts. When cool enough to handle, pull until cold, mixing nuts in well. Stretch into a rope and cut into pieces.

HONEY PEPPERMINT TAFFY

1 cup sugar
½ cup golden sirup
½ cup strained honey
Pinch cream of tartar
1 teaspoon vinegar
2 tablespoons butter
1 teaspoon peppermint extract

Place the sugar, golden sirup, and honey in a saucepan. Heat, and when the sugar is dissolved add the cream of tartar and boil, stirring constantly, for about 20 minutes.

Add the vinegar, butter and peppermint extract; allow to boil up, then pour into a buttered pan. Pull when cool enough to handle and cut into cushions.

PEANUT-BUTTER TAFFY

¾ cup sugar
1 cup maple sirup
½ cup corn sirup
¼ teaspoon salt
⅓ cup water
2 ounces (squares) chocolate, melted
¼ cup peanut butter

Cook sugar, sirups, salt and water over low heat, stirring constantly until sugar is dissolved. Cook to 288° or to soft-crack stage. Add chocolate, pour into greased pan. When cool enough to pull spread with peanut butter, fold over and pull enough to mix peanut butter thoroughly with candy. Cut into pieces and wrap each piece in waxed paper.

Taffy is another good messenger to carry the season's greetings to your friends

BRITTLES AND HARD CANDIES

BARLEY SUGAR

3 cups sugar, 2 cups water
1 lemon
Pinch cream of tartar

Dissolve the sugar in the water; then add the thin rind of the lemon and the cream of tartar. Cook to 240°, or to the soft-ball stage, then remove the lemon rind. Add the strained juice of the lemon and cook to 310°, or to the hard-crack stage, taking care that the sirup does not burn. (Sirup should be a delicate straw color.)

Pour onto a well-buttered platter or slab and when candy begins to set, cut in strips. When cool enough to handle, twist each strip. Keep in an airtight container.

BRITTLED ALMONDS

2 cups sugar, ½ cup water
Pinch cream of tartar
1 teaspoon lemon extract
2 cups almonds, blanched and split in halves

Dissolve the sugar in the water, add the cream of tartar and cook to 315°, or to the hard-crack stage. Add the extract.

Sprinkle the almonds in a buttered pan and pour the boiling sirup over them. When cool mark into squares with a sharp knife. Break into pieces when cold.

HOREHOUND CANDY

1 ounce dried horehound
1½ cups water
1¾ pounds brown sugar
¼ cup corn sirup

Cook horehound slowly in water 30 minutes. Remove horehound. To liquid, add sugar and sirup. Cook to 300° or to hard-crack stage. Pour into greased pan and mark into squares.

TROPICAL NUGGETS

¼ cup Brazil nuts, sliced ⅛-inch thick
¼ cup seeded raisins
¼ cup figs, chopped
¼ cup shredded coconut
2 cups sugar
2 tablespoons butter
¼ cup vinegar
¼ cup water
1 teaspoon lemon extract

Place the nuts, raisins, figs and coconut in a buttered pan. Place the sugar, butter, vinegar, and water in a saucepan and cook to 290°, or to the soft-crack stage. Add the lemon extract and pour mixture over the fruit and nuts. Break into pieces when cold.

GINGER BARS

¾ cup molasses
2 tablespoons ground ginger
½ cup butter
1 cup brown sugar

Place the molasses, ginger, butter, and sugar in a large saucepan and cook to 300°, or to the hard-crack stage. Pour in buttered pans and cut into small bars. Wrap in waxed paper.

Note: Cinnamon bars are made in the same way, substituting ground cinnamon for the ginger.

STICK-JAW

3 cups granulated sugar
3 cups brown sugar
6 tablespoons glucose
4 cups water
1 teaspoon almond extract
1 teaspoon vanilla extract
4 cups shredded coconut

Place the sugars, glucose and water in a large saucepan and cook to 312°, or to the hard-crack stage. Add the extracts and coconut. Pour into an oiled platter and when cold, cut into squares.

BUTTERSCOTCHES

6 cups light brown sugar
2 cups water
Pinch cream of tartar
1½ cups butter, melted
2 teaspoons lemon extract

Place the sugar and water in a large saucepan and heat, stirring occasionally, until the boiling point is reached; add the cream of tartar. Cover and allow to boil for 10 minutes. Remove the cover, then cook to 310°, or to the hard-crack stage. Add the melted butter and lemon extract and remove from heat when blended with the sirup. Pour between buttered candy bars, or into buttered pan.

When cold, cut with buttered scissors into small pieces and wrap in waxed paper.

ALMOND BUTTER CRUNCH

1 cup butter
1 cup sugar
½ cup finely chopped blanched almonds, lightly toasted
4 ounces (squares) dipping chocolate

Combine butter and sugar and heat slowly, stirring constantly until sugar is dissolved. Cook to hard-crack stage (310°), stirring occasionally to prevent burning. Add ¼ cup nuts and pour into buttered (8x8 inch) pan. When cold, heat chocolate over boiling water until partly melted. Remove from heat and stir rapidly until completely melted. Spread ½ the chocolate over cooled candy and sprinkle with 2 tablespoons nuts. When firm, invert crunch and cover with remaining chocolate. Sprinkle remaining nuts over top. When firm, break into small irregular pieces. Makes 1¼ pounds.

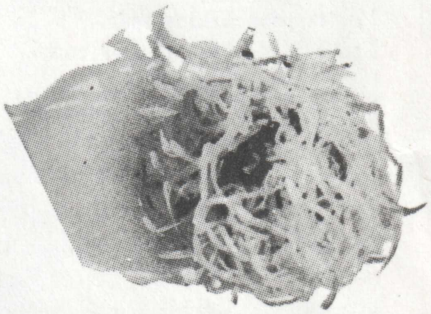
RICE FLAKES CANDIES

1 cup sugar
1 cup brown sugar
¾ cup dark corn sirup
½ cup water
1 tablespoon butter
2 teaspoons vinegar
1 teaspoon vanilla
4 cups rice flakes
1 cup peanuts or other nuts

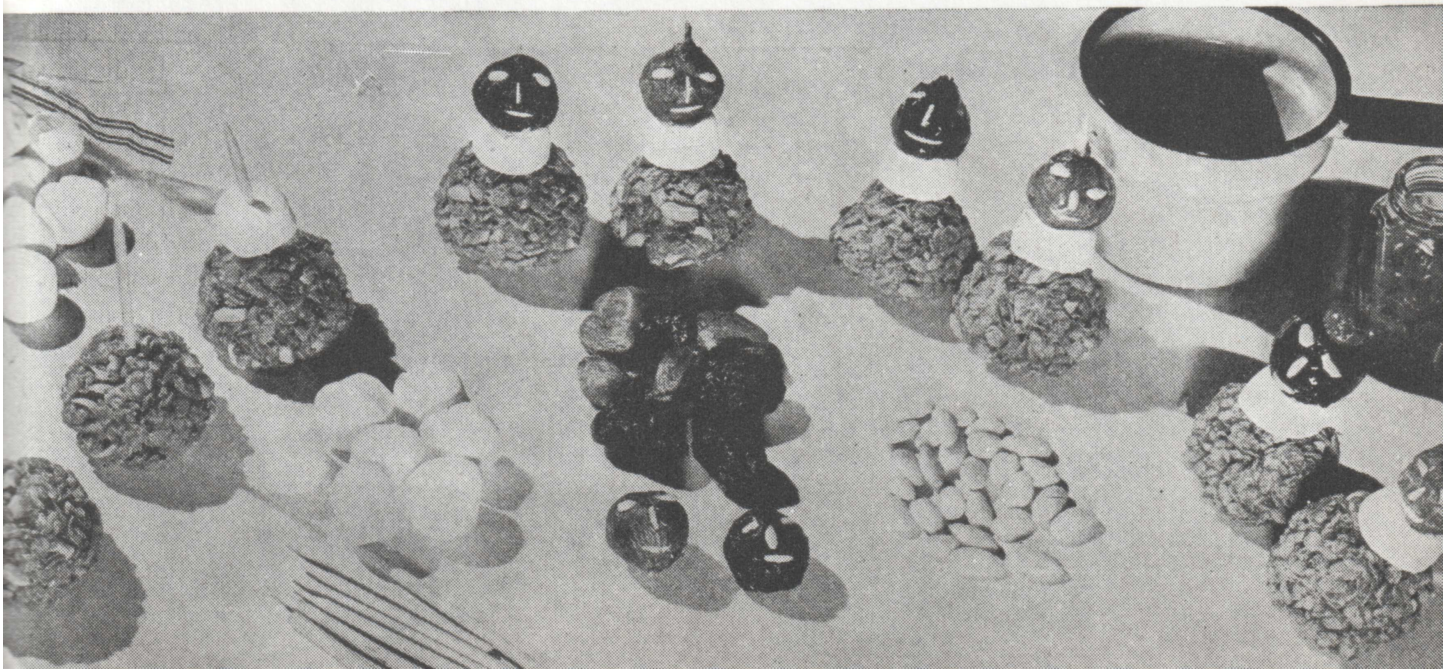
Combine first 6 ingredients, cover and cook to 240° or to soft-ball stage. Cool slightly, add vanilla and pour over mixture of rice flakes and nuts. Pour into pan and cut into bars when cool.

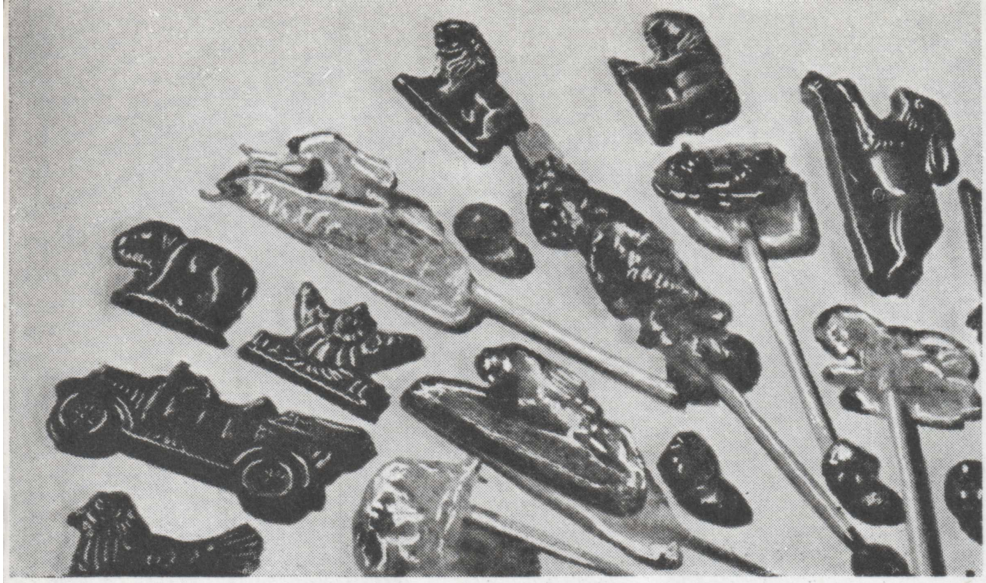
HOBGOBLINS—Shape into balls instead of bars, insert a wooden stick in each. Steam figs and large prunes until tender, remove pits and fill centers with candy. Make features on each with slivers of blanched almonds. On each skewer place a marshmallow, then a prune or fig head.

Interesting candies may be made from cereal flakes



Halloween hobgoblins are made of cereal flake balls, marshmallows, figs, prunes and nuts





The fortunate possessor of candy molds can make these fascinating lollypops

POPCORN BRITTLE

2 cups sugar
¾ cup corn sirup
¼ cup molasses
½ cup water
¼ teaspoon cream of tartar
2 tablespoons butter
½ teaspoon baking soda
1 quart (4 cups) popped corn

Cook all ingredients except butter, soda, and corn to 272° or until a small amount of sirup will crack when tested in cold water. Add butter and soda; blend and stir in popped corn. Pour into buttered shallow pan. When cold, break into pieces.
Puffed cereals or cereal flakes may be used in place of popped corn.

MAPLE BRITTLE

3 cups maple sugar
1 cup corn sirup
3 tablespoons water
½ cup butter
1½ teaspoons soda
1 teaspoon vanilla
1 cup chopped nut meats

Spread nuts in buttered pan. Cook sugar, sirup and water to 395° or to hard-crack stage. Add butter and cook to 300°. Add soda and vanilla. Pour into pan; cool. Break into pieces.

BUTTER BRICKLE

1¼ cups butter
2¼ cups sugar
1 tablespoon salt
½ cup water
¼ pound unblanched almonds
1 teaspoon soda
¼ pound blanched roasted almonds
½ pound English walnuts
¼ pound milk chocolate

Combine first 4 ingredients. Heat to boiling, add unblanched almonds and cook to 290° or to hard-crack stage. Stir occasionally. Add soda, blanched almonds and half the walnuts. Pour into butter pan. Brush with melted chocolate and sprinkle with remaining nuts.

BLACK WALNUT CRUNCH

6 cups sugar
1 tablespoon butter
2 tablespoons molasses
½ cup cider vinegar
2 cups water
3 cups black walnut meats, finely ground
1 teaspoon almond extract
1 teaspoon orange extract

Place the sugar in a saucepan, add the butter, molasses, vinegar and water; cook to 290°, or to the soft-crack stage. Stir briskly for about ½ minute, then quickly mix in the nuts and extracts. Press out in a buttered pan.

LOLLYPOPS

1 cup sugar
⅓ cup light corn sirup
⅔ cup water
6-8 drops peppermint oil
Vegetable coloring

Mix sugar, corn sirup and water, cook over low heat, stirring until sugar is dissolved and mixture boils. Continue boiling without stirring, until a small amount is very brittle when dropped into cold water (310°). Wash away crystals from sides of pan with a damp cloth. Cook slowly at end so sirup will not discolor. Remove from heat, add flavor and color and stir only to mix. Drop sirup quickly from tip of spoon onto flat greased surface, press one end of wooden skewer into edge of each lollypop. When firm but still warm, loosen from surface to prevent cracking.

SPICED CHOCOLATE SQUARES

2 cups brown sugar
½ cup water
1 teaspoon mixed spices
2 teaspoons butter
½ cup grated chocolate
Pinch cream of tartar

Place all ingredients in a saucepan. Cook to 300°, or to the hard-crack stage. Remove from heat and pour into buttered pans. When cool mark in squares.

PEANUT BRITTLE

Peanuts
2 cups sugar

Cover the bottom of a buttered shallow pan with peanuts. Place the sugar in a heavy iron skillet and heat, stirring constantly until melted, to a light brown color. Pour at once over the nuts and let stand until hard. Break up into pieces.

UNCOOKED CANDIES

COCONUT KISSES

1 cup ground almonds
½ cup sugar
1 teaspoon almond extract
1 egg white
Food coloring
Shredded coconut

Mix the almonds, sugar, almond extract, and egg white to a stiff paste. Let stand for 24 hours.

Color as desired and make into balls. Roll in coconut, pressing it in well. Then roll in coconut again. Let stand to harden.

FROSTED FRUIT

1 egg white
1 teaspoon water
Sugar
Small bunches of fruits

Beat the egg white until stiff, then add the water. Sprinkle some sugar on a sheet of white paper and set in a warm place. Dip small bunches of currants or grapes into the egg, then shake the sugar all over them; place on a wire rack to dry.

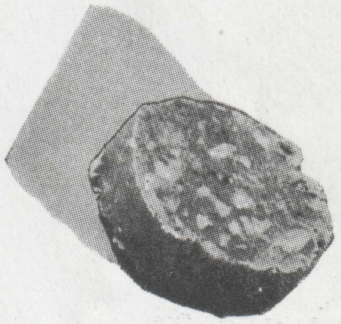
For green grapes, color the sugar yellow or pink

CHOCOLATE FRUIT BARS

½ cup dates, stoned
½ cup seedless raisins
½ cup candied citron peel, chopped
½ cup candied lemon and orange peel, chopped
¼ cup currants
½ cup pine nuts, or blanched almonds
1 egg white
2 tablespoons water
1 teaspoon vanilla extract
Confectioners' sugar
Melted chocolate

Put all the fruits and nuts through a food chopper. Place the egg white in a bowl, add the water, vanilla extract, fruits, and enough sifted confectioners' sugar to form a stiff paste. Pat out in a shallow greased pan. Let the mixture dry for 4 hours, then brush over with melted chocolate. When dry, turn out on waxed paper and brush the other side with chocolate.

This harlequin effect is easily achieved by using candy of different flavors and colors

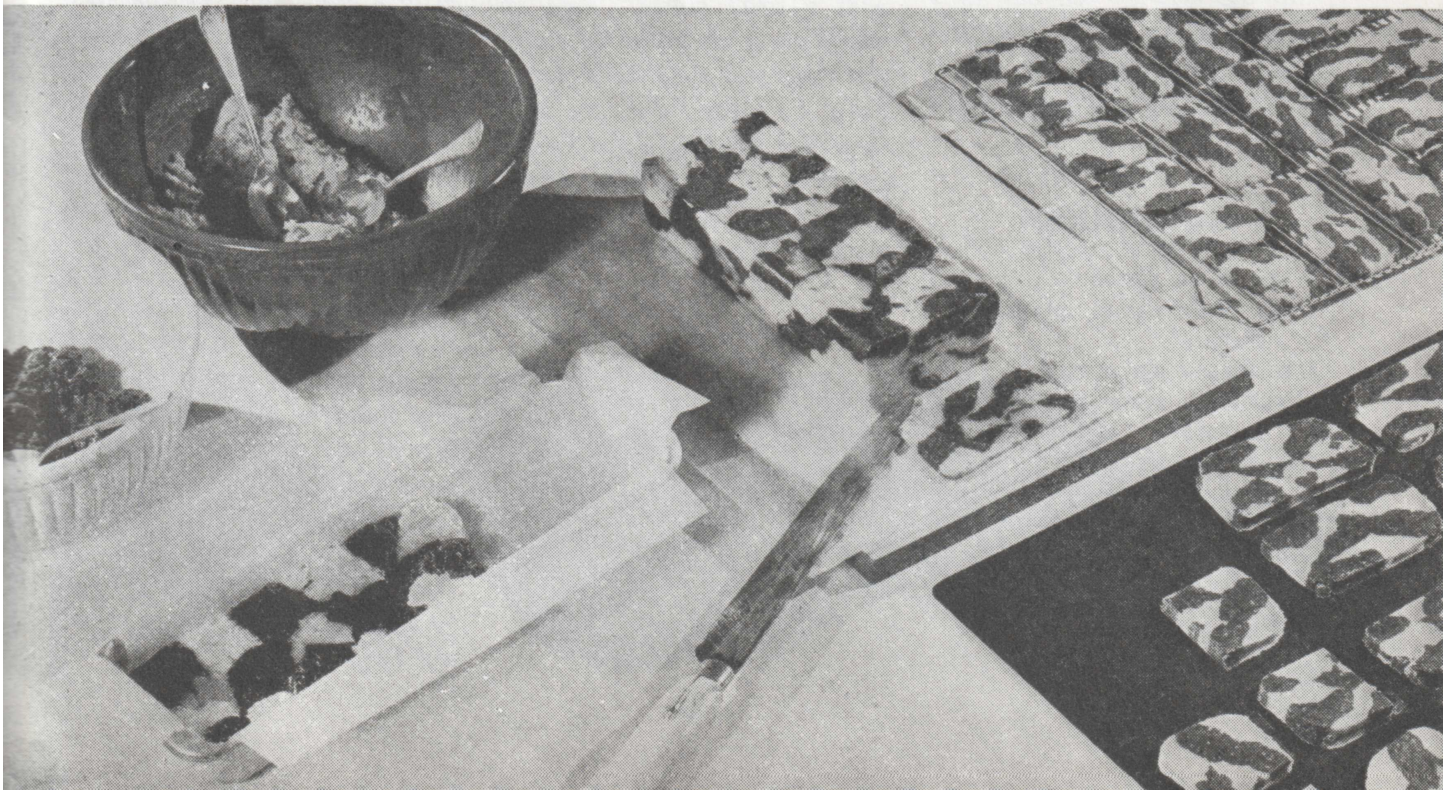


CHOCOLATE EASTER EGG

2 cups confectioners' sugar
1 egg white
Water
2 teaspoons vanilla extract
Melted coating chocolate

Sift the sugar into a bowl. Beat the egg white with an equal amount of cold water and add to the sugar. Add the vanilla extract and stir until the mixture is a creamy mass. (Mixture should be so stiff that it can scarcely be stirred.)

Mold with the hands into a large Easter egg. Roll in melted coating chocolate and set aside to harden. Serve in slices.



FRUIT CREAMS

1 cup confectioners' sugar
Pinch cream of tartar
Lemon or orange juice
Few drops yellow or orange food coloring
Lemon or orange extract
Candied lemon or orange peel

Sift the sugar into a bowl, add the cream of tartar and enough strained lemon juice to make a stiff paste; add coloring.

Sift some confectioners' sugar on a breadboard, dust the hands with confectioners' sugar, and knead a few drops of extract into the cream. Roll out to a quarter of an inch in thickness and cut into small pieces. Decorate with thin strips of candied peel.

GINGEREES

3 cups dates, stoned
1 cup black walnut meats, chopped
1 tablespoon ginger sirup
1 tablespoon preserved ginger, chopped
Colored coconut

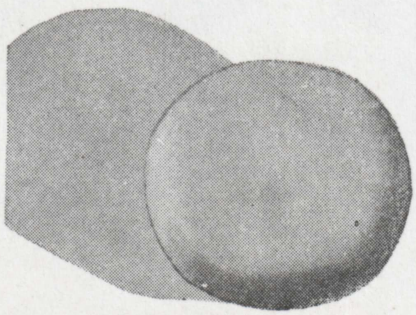
Chop the dates, add the walnut meats, ginger sirup and chopped ginger, then run through a food chopper. Make into balls and roll in coconut.

PEPPERMINT CREAMS

1 egg white
Peppermint extract
Confectioners' sugar
Royal Icing

Place the egg white in a bowl and add a few drops of peppermint extract. Add sifted confectioners' sugar until the mixture can easily be molded.

Then either form mixture into small balls and flatten into round lozenge shapes, or roll out with a rolling pin and cut into rounds with a small cutter. Place on waxed paper on a wire rack until dry. Decorate with Royal Icing, using a pastry tube to form flowers or lettering. Other flavorings may be used and an assortment of colored candies may be produced by adding food coloring.



Mix the fruit peel with the candy occasionally instead of using on the top. Nuts may be used sometimes for variety

BALTIMORE LAYER CANDY

5 egg whites
1 teaspoon lemon extract
2½ tablespoons cream
1 cup shredded coconut, chopped
Confectioners' sugar
Few drops red food coloring
Oil of wintergreen
1 teaspoon vanilla extract
1 square chocolate, melted
Few drops green food coloring
1 teaspoon almond extract
6 tablespoons almonds, chopped
Few drops orange food coloring
½ teaspoon orange extract
1 orange

Beat one of the egg whites, add the lemon extract, ½ tablespoon of the cream, and the coconut, and mix with enough sifted confectioners' sugar to stiffen. Knead thoroughly, then spread evenly in the bottom of a pan lined with waxed paper.

The other four layers are made in the same way, except that the color and flavor of each are different. The second layer is colored with a few drops of red and flavored with wintergreen; the third is mixed with the vanilla extract and melted chocolate; the fourth with green color, the almond extract, and the chopped almonds, while the fifth is prepared with orange color, orange extract, and the grated rind and juice of the orange.

Spread one over the other and let stand for 2 days. Then turn out on a board dusted with confectioners' sugar and allow to stand for 3 days before slicing. Wrap each piece in waxed paper and keep in airtight tins.

MAPLE CANDIES

MAPLE CREAMS

1 cup maple sugar
1 cup light brown sugar
¼ cup water
½ teaspoon almond extract
Walnut meats

Cook the sugars and water to 240°, or to the soft-ball stage; add the almond extract. Cool to lukewarm, then beat until creamy, yet firm. Knead until smooth, form into small balls, and press a walnut meat into each ball.

MAPLE BRITTLE

3 cups maple sugar
1 cup cold water
1 cup molasses
1 tablespoon maple sirup
Pinch cream of tartar
½ cup butter
2 teaspoons soda
1 tablespoon boiling water
1 teaspoon lemon extract
1 cup Brazil-nut meats, chopped

Cook the sugar, water, molasses, sirup and cream of tartar to 300°, or to the hard-crack stage. Add the butter, boil for 4 minutes, then remove from heat. Add the soda dissolved in the boiling water, and the lemon extract. As soon as mixture begins to foam pour out in buttered platters, spreading very thin. Sprinkle with the chopped nuts.

14-MINUTE MAPLE CANDY

4 cups maple sirup
1 cup cream, ¼ cup butter
1 cup nut meats, chopped
1 teaspoon lemon extract

Cook the maple sirup, cream, and butter for 9 minutes after the boiling point is reached. Remove from heat, add the nut meats and extract and stir for 5 minutes. Pour into buttered pans and when cool, cut into squares.

MAPLE MOLASSES GEMS

4 cups molasses
1 cup brown sugar
1 cup maple sugar
Pinch cream of tartar
½ cup butter
½ teaspoon vinegar
Pinch of salt
1 teaspoon vanilla extract
½ teaspoon almond extract
2 cups pecan nut meats, chopped

Cook the molasses, sugars, and cream of tartar to 256°, or to the hard-ball stage. Add the butter, vinegar, salt, extracts, and the chopped nut meats. Stir lightly to blend and pour into buttered pans, marking off while soft into sticks, squares, cushions, or other desired shapes. Walnuts or butternuts may be used.

Maple candy is just another debt we owe New England

COCONUT CANDIES

COCONUT CARAMELS

1 cup shredded coconut, chopped
1 cup milk
Pinch cream of tartar
1 cup butter, 2 cups sugar
1 cup cream
1 teaspoon vanilla extract
Few drops red food coloring

Soak the coconut in the milk for about 20 minutes. Put mixture in a saucepan, adding the cream of tartar, butter, and sugar. Cook, stirring constantly, to 240°, or to the soft-ball stage. Add the cream, extract, and coloring. Continue cooking and stirring to 256°, or to the hard-ball stage. Pour at once into buttered pans. When cool, cut into squares.

COCONUT DROPS

4 cups sugar
½ cup coconut milk
1 large coconut, grated
½ teaspoon almond extract

Place the sugar and the coconut milk in a saucepan and heat, stirring constantly, to 218°. Then add the grated coconut and cook for 15 minutes, stirring constantly. Remove from heat and beat until thick. Drop from a spoon on waxed paper.

COCONUT DAINTIES

1 large coconut
4 cups sugar
1 egg white
½ teaspoon almond extract

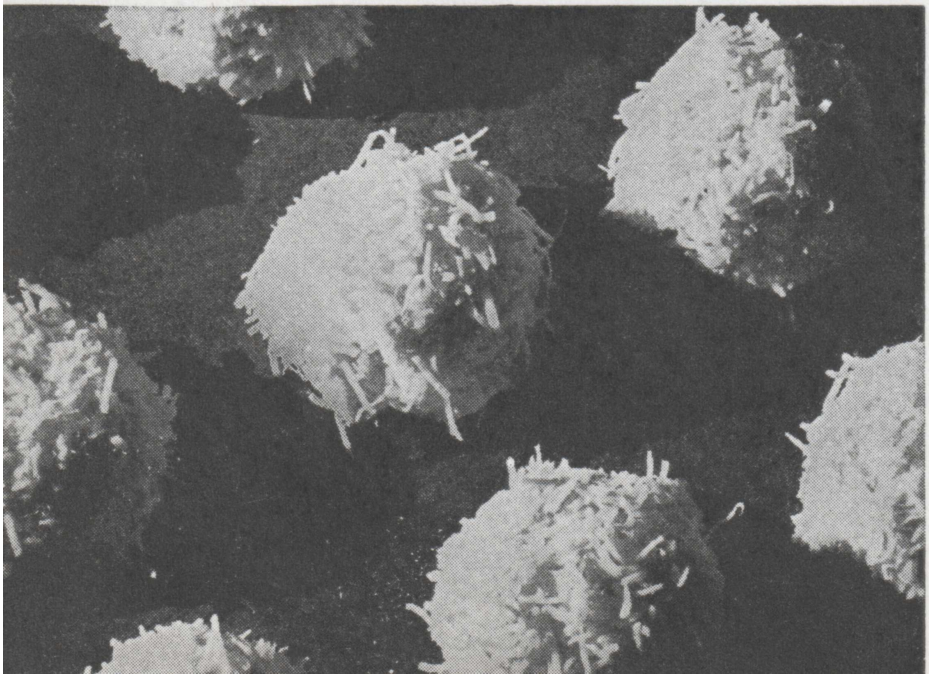
Grate the coconut and put it in a large saucepan with the sugar, egg and coconut milk. Stir continually while cooking, until the candy begins to sugar. Remove from heat at once, add the almond extract and beat until creamy. Then drop by spoonfuls on buttered pans. Sprinkle finely chopped coconut over the top of each drop.

COCONUT CONES

4 cups sugar
1 cup water
Pinch cream of tartar
Shredded coconut, chopped
1 teaspoon almond extract

Dissolve the sugar in the water in a saucepan. Add the cream of tartar and cook, without stirring, to 290°, or to the soft-crack stage. Stir in sufficient chopped coconut to thicken mixture so that it can be molded. Add the extract. Shape into cones and place on waxed paper to dry.

Omit almond extract; use vanilla.



COCONUT STRAWS

2 cups sugar
1 cup water
1 large coconut
Ground ginger, Colored sugar

Dissolve the sugar in the water by heating slowly. Then cook to 236°, or to the soft-ball stage. Remove the brown skin from the coconut meat and cut into match-like strips. Cook the coconut in the sirup until tender. Remove from sirup and sprinkle well with ground ginger. Dry in a slow oven (300°), then roll in colored sugar.

Use cinnamon instead of ginger and roll in red sugar.

Add 2 drops oil of lime, roll in green sugar.

COCONUT SQUARES

2 cups sugar
½ cup water
1 tablespoon glucose
2 tablespoons butter, melted
1 cup shredded coconut
1 teaspoon almond extract

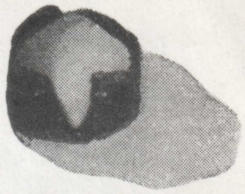
Place the sugar, water, and glucose in a saucepan; dissolve over a low heat, then cook, stirring constantly, to 230°, or to the thread stage. Add the melted butter and continue cooking and stirring to 240°, or to the soft-ball stage. Cool to lukewarm, then beat until thick and white. Let stand for 1 hour.

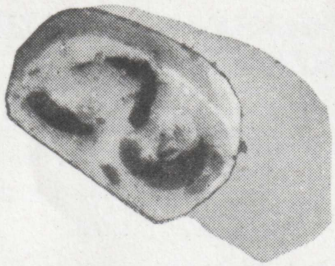
Knead until creamy; return to saucepan, add the coconut and extract and mix well; then pour into a buttered pan and leave covered overnight.

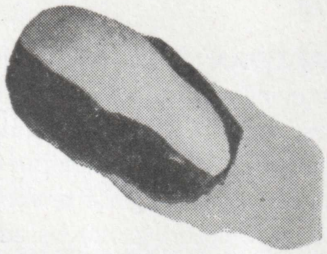
Cut in squares and allow to dry on waxed paper for a few hours.

You may like to coat your coconut balls with more coconut

MARZIPANS







Marzipan is a confection that has been made in Europe for centuries. The name, translated literally, means almond-bread and serves to tell the prospective marzipan-maker that a foundation of ground almonds is used. It is hardly necessary to bite into a marzipan, however, in order to determine its identity, because marzipans usually take the shape of tiny fruits, flowers and vegetables and are colored accordingly. These can be fashioned, after a bit of practice, with the fingers and the simplest kitchen tools; or, if special molds are available, more elaborate and professional-looking confections may be produced. To further embellish marzipans, such coatings as melted fondant, melted chocolate, glacé sirup, colored sugar, and tinted coconut may be applied after shaping and drying.

The making of marzipans can be so simple as combining equal parts of almond paste, which can be purchased from a confectioner, and vanilla fondant; however, the basic recipes given here show the wide variation in marzipans and provide a means of pleasing individual tastes.

Marzipan molds, for marzipan or almond paste, are made of metal. They are sometimes made of a special preparation mounted in plaster of Paris, of various designs to form vegetables, fruits, nuts, shells, fish, in great variety. The molds should not be washed, but before using for the first time should be lightly brushed with olive oil and wiped with a soft cloth.

SIMPLE COOKED MARZIPAN

3 cups sugar
1 cup water
5 cups ground almonds
Flavoring extract to taste
Food coloring

Dissolve the sugar and water in a saucepan and add the almonds. Cook, stirring constantly, until the mass will not adhere to the pan. Then remove from heat and turn out onto a clean marble slab, enamel table top, or baking sheet. Knead until smooth, adding extract and coloring while mixture is still warm. Shape as desired.

UNCOOKED MARZIPAN

½ cup confectioners' sugar
½ cup granulated sugar
2 cups ground almonds
2 egg whites
Flavoring extract
Food coloring

Sift the sugars together, then add the almonds and mix well. Beat the egg whites until frothy and blend into the sugar and almond mixture; add extract and coloring. Knead until smooth. If necessary, add a little more sugar to form a stiff paste.

Allow mixture to stand for a few hours, then press small pieces of it into molds or make into dainty shapes; or roll out and cut with small cutters. This marzipan should be used at once as it does not keep for any length of time.

Marzipan lends itself to an infinite variety of shapes and disguises

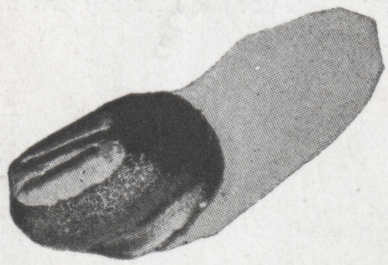
MAKE-UP-AND-USE-LATER MARZIPAN

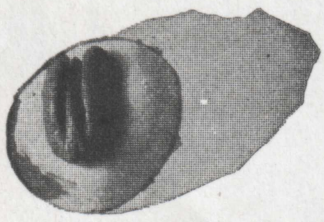
4 cups ground almonds
1¼ pounds flavored fondant
4 cups sugar
2 cups water
1 tablespoon glucose
Flavoring extract to taste
Food coloring

Rub the almonds into the fondant with a wooden spoon, blending thoroughly.

Place the sugar and water in a saucepan and heat slowly until dissolved. Add the glucose and boil, without stirring, to 250°, or until it forms a hard ball when tested in cold water. Quickly add sirup to the fondant and almond mixture and stir until mixture begins to harden. Then turn out onto a clean, hard surface and knead until smooth. Add extract and flavoring while warm. This marzipan keeps well if wrapped first in waxed paper, then in a clean cloth, and stored in an airtight box.

Note: If too hard when wanted, add a few drops of lukewarm water and mix well.



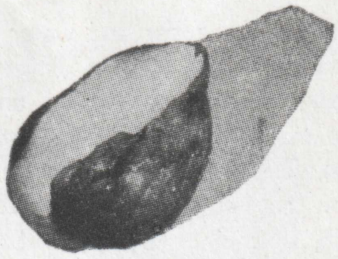


MARZIPAN GOODIES

STUFFED FRUITS—Stuff glacé cherries, dates, prunes, figs and raisins with bits of marzipan, adding a decorative finish if desired.

MARZIPAN BARS—Roll out a piece of colored marzipan and cover with a layer of fondant. Top with a layer of marzipan and cut into bars. A glacé or melted chocolate covering may be added when the bars are dried.

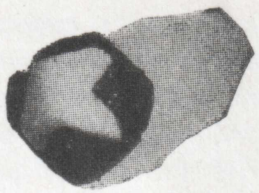
HARLEQUIN BALLS—Roll two colored pieces of marzipan lightly between the palms and the colors will blend, making an attractive harlequin ball.

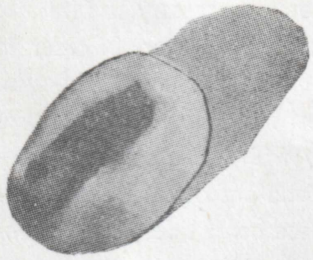


STUFFED NUTS—Secure two halves of pecans or walnut meats with a small piece of tinted marzipan and cover with glacé sirup.

MARZIPAN STILL-LIFES—With a good smooth marzipan paste, a variety of food colorings and a bit of ingenuity, it is possible to make almost any kind of vegetable, fruit or flower. Among the simplest to make are carrots, green beans, peas in the pod, pumpkins, apples, oranges, bananas, rosebuds, violets, and Easter lilies.

The following examples will serve to show how certain realistic effects can be achieved.





POTATOES—Shape small pieces of uncolored marzipan like potatoes, making dents for the eyes with a small skewer. Roll in cocoa or cinnamon.

PEARS—Mold yellow-tinted marzipan in the shape of a small pear, making the stem and blossom ends with cloves. With a brush, apply diluted red food coloring to one side of the pear.

STRAWBERRIES—Simply tuck green paper hulls into the tops of marzipan strawberries, which have been dried, dipped in beaten egg white, and rolled in red sugar.

GOLDEN MARZIPAN

1 cup confectioners' sugar
2 cups ground almonds
1 egg
1 egg yolk
⅛ teaspoon salt
3 drops almond extract

Mix all ingredients thoroughly and knead until smooth. Cover with damp towel and let stand 24 hours before shaping. Shape and decorate as desired. Makes about 1 pound.

GLACEED FRUITS AND NUTS

A glacé is a hard, shiny coating, made of sugar and water, that is applied to fruits, nuts and marzipans to increase their eye and taste appeal. To become an expert in the art of glacéing requires the observance of a few simple rules, and, of course, it is practice that makes a real perfection, particularly in dipping.

Fruits and nuts that are to be glacéed must be perfectly dry, as moisture is fatal to the process Because of this, berries and more juicy fruits cannot be glacéed. Oranges, kumquats, cherries, grapes with a bit of the stems left on, prunes, figs, and candied peel are among the fruits most easily glacéed, while nuts are the easiest of all

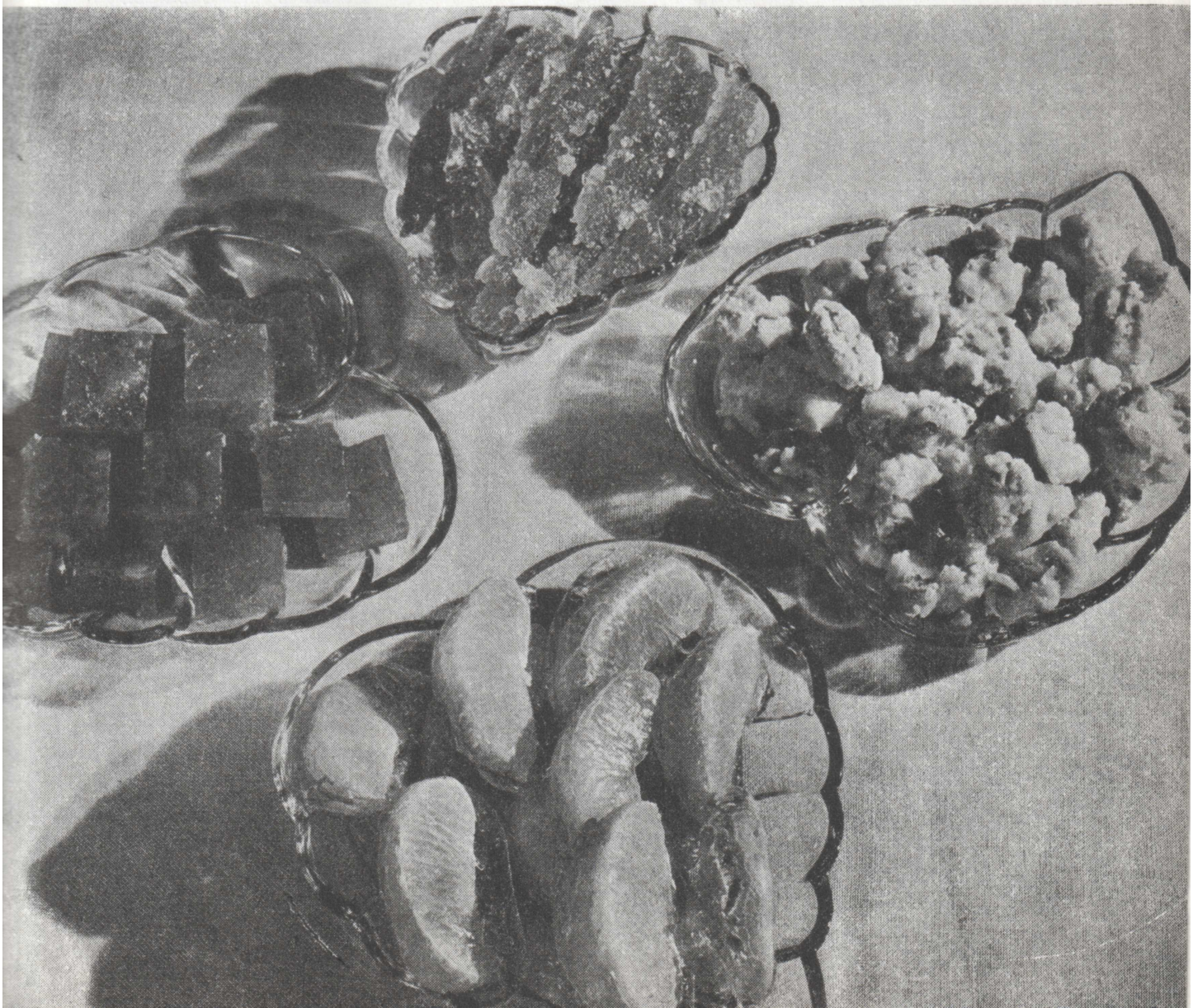
Walnuts, almonds, peanuts, Brazil nuts, pecans, and the large chestnuts are those most generally used. When glacéing nuts it is well to remember that almonds and pistachios should be blanched and dried thoroughly; almonds should be delicately browned in the oven and all other nuts should be freshened in the oven, if necessary.

Other points to keep in mind when glacéing are to have the fruits and nuts in readiness before making the sirup, and if possible choose a dry, cool day for the operation Glacéed fruits and nuts should be made with the idea of serving them in a short time, as they soften upon standing

HONEY GLACÉED CHERRIES

Boil 1 cup honey for 5 minutes in top of double-boiler. Replace over boiling water. Dip oxheart or Queen Anne cherries into honey with a fork and place on buttered pan to harden.

Your breakfast orange makes a glamorous appearance in the evening as glacé, paste, peel or crumble



GLACÉING FRUITS AND NUTS

2 cups sugar, 1 cup water
Pinch cream of tartar

Place sugar and water in a saucepan and cook, stirring until dissolved. Then add the cream of tartar and cook, without stirring, until a temperature of 290° is reached, or to the soft-crack stage. (Without shaking the saucepan, wash away any sugar crystals that may form on the sides of the pan during cooking.)
When done, remove from heat and set in pan of boiling water to prevent hardening.
Dip each fruit or nut, one at a time, into the hot sirup, taking care to have it completely covered; then lay on buttered pans to dry. Set in a cool place to harden. If the first dipping is not successful, repeat the operation. Place each one in a paper case and keep in an airtight box.

Candied orange or grapefruit peel appears in many shapes, long narrow strips are the most popular

CANDIED ORANGE PEEL

4 large navel oranges
Sugar
Cold water

Peel oranges and cut the rinds into pieces of uniform size, about 1 inch long, by ¼ inch wide. Place in a saucepan, cover with cold water, and bring almost to the boiling point, but do not boil. Pour off the scalding water and repeat this process two more times. Add to the peel its own weight in granulated sugar, cover with cold water, and boil until no sirup shows in the saucepan when it is tipped. Spread on a buttered platter, and roll in sugar when partially cooled.
Lemon peel may be candied in the same way.

The peel of oranges, lemons or grapefruit may be candied in larger pieces as halves or quarters if a longer cooking time in the sirup is allowed. Dry thoroughly before packing in airtight containers.

CANDIED GRAPEFRUIT PEEL

1 large grapefruit
Cold water
Sugar

Wash the grapefruit, peel, and cut the rind into pieces ½ inch wide; place in a saucepan and cover with cold water.
Bring to boiling point and boil for 5 minutes; repeat 3 times. Boil the rind in a fourth water until tender, then drain and place in a fifth water, adding 1 cup of sugar to each cup of rind. Boil until the liquid becomes a thick sirup. Drain and roll in sugar.
The sirup may be flavored with a few drops almond extract.

MARRONS GLACÉS

Remove the shells and skins from chestnuts and soak overnight in water to which a little lemon juice has been added. In the morning drain the nuts and cook in water until tender; drain.
Allowing 2 cups of sugar and 2 cups of water for each pint of nuts, make a sirup by boiling the sugar and water together for about 20 minutes. Then drop in the nuts and simmer for about 10 minutes. Remove from heat and let stand overnight.
The following day drain off the sirup and boil for about 10 minutes; drop in the nuts and heat to the boiling point; then let stand for another 24 hours. Repeat the process of boiling the sirup, heating the nuts, and cooling for 24 hours. Drain the nuts from the sirup and spread on buttered plates. Dry in a very slow oven.
Boil the sirup until very thick, and pour over the nuts, a little at a time, until all is used. Store in jars until ready to use.

CANDY CUPS

4 cups sugar
2 cups boiling water
Pinch cream of tartar
1 teaspoon lemon extract

Dissolve the sugar in the water by heating slowly. Add the cream of tartar and cook, without stirring, to 290°, or to the soft-crack stage. Add the extract; remove from heat, set in a pan of cold water, then in a pan of hot water.

Brush the sides and bottom of a timbale iron with olive oil; lower the iron into the hot sirup to three-fourths of its depth; lift carefully from the sirup, then drain and invert.

Keep the iron in motion until cool enough for the cup to be removed. Cool the iron again before dipping it in the sirup.

These candy cups may be filled with candies, ice cream or whipped cream.

Note: The sirup may be colored if desired. Use vanilla or peppermint instead of lemon extract.

MOLASSES POPCORN BALLS

2 cups sugar
5 tablespoons water
Pinch cream of tartar
5 tablespoons molasses
2 tablespoons butter
1 teaspoon vanilla extract
2 cups popcorn

Cook the sugar, water, cream of tartar, and molasses to 250°, or to the hard-ball stage.

Remove from heat and when the bubbling stops, add the butter and extract. Add popcorn.

Stir gently until the corn is well coated with sirup. Pour into buttered pans and when cool enough to handle, roll into balls.

ACORNS

½ pound Malaga grapes
2 ounces (squares) chocolate
1 cup sugar

Wash grapes, leave small stem on each grape; dry. Melt chocolate. Cool slightly. Dip stem end of grapes one at a time into chocolate to about ¼ the depth of grapes. Remove from chocolate, then push chocolate end into sugar and place on waxed paper to harden.

ORANGE DAINTIES

3 cups brown sugar
¼ cup butter
1 cup water
Pinch cream of tartar
1 teaspoon orange extract
2 cups candied orange peel, chopped
2 cups nut meats, chopped
Few drops orange food coloring

Place the sugar, butter and water in a saucepan and heat until sugar is dissolved. Add the cream of tartar and cook to 245°, or to the firm-ball stage. Add the orange extract, orange peel, nut meats and orange coloring. Cool to lukewarm. Then beat until creamy and drop by teaspoons on waxed paper.

OPERA CREAMS

3 cups sugar
½ cup cream
½ cup milk
1 tablespoon glucose
2 teaspoons vanilla extract
Confectioners' sugar

Place the sugar, cream, milk and glucose in a saucepan; bring slowly to boiling point, stirring constantly. Then cook, stirring constantly, to 240°, or to the soft-ball stage. Let stand for 1 minute, then pour gently into a wet platter. When cool, beat with a wooden spoon until thick. Cover, let stand for about 1 hour, then add the vanilla extract. Knead until creamy, using confectioners' sugar to prevent sticking. Cover, let stand for about 3 hours, then roll out and cut into squares. Allow to harden on waxed paper for 24 hours.

Orange dainties are a new variety of candy, delicious and easy to make

GUMDROPS

1 pound gum arabic
3 cups water
2 cups sugar
Food coloring
Flavoring extract to taste

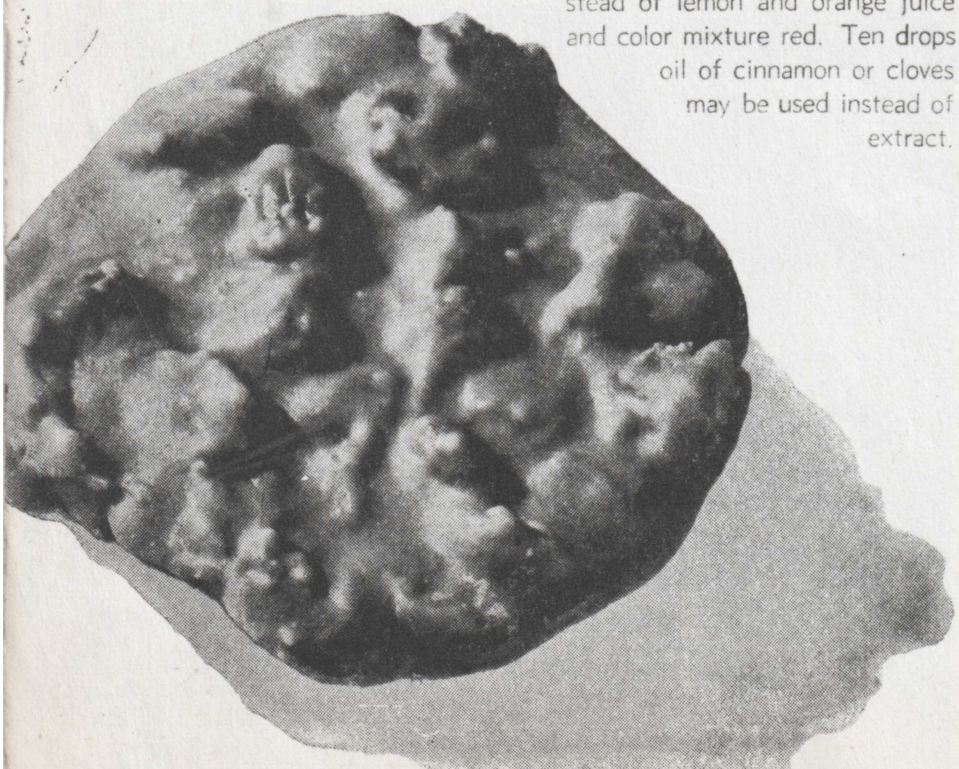
Soak the gum arabic in the water overnight; then carefully dissolve it over hot water, strain, and add the sugar.

Heat until the sugar is dissolved, then add coloring and flavoring, and remove from heat. When as thick as honey, pour the mixture into starch molds. Set in a warm place for several days, or until the drops are hard enough to handle. Then dampen slightly and shape by rolling in sugar.

PRALINES

2 cups brown sugar
½ cup water
1 teaspoon vanilla extract
1 cup pecan nut meats, chopped

Cook the sugar and water together to 240°, or to the soft-ball stage. Remove from heat and beat until creamy, then add the vanilla extract and nut meats. Pour in large round wafers on waxed paper.



TURKISH PASTE

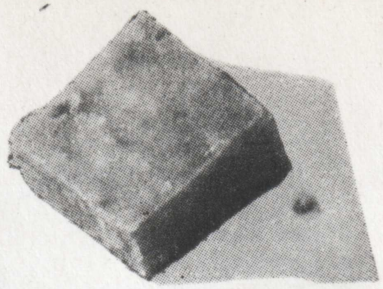
2 tablespoons unflavored gelatin
½ cup cold water
2 cups sugar
¼ teaspoon salt
½ cup boiling water
¼ cup orange juice
2 tablespoons lemon juice
Red or green food coloring

Soften gelatin in cold water. Heat sugar, salt, and boiling water to boiling, add softened gelatin and stir until dissolved. Simmer for 20 minutes, add food coloring and blend thoroughly. Pour into 8 x 4 inch pan and chill until firm. With a wet knife loosen around edges and turn out onto a board lightly covered with confectioners' sugar. Cut into cubes and roll each in confectioners' sugar.

Add ½ cup nut meats and ½ cup raisins that have been softened in warm water, then drained.

Use ½ teaspoon peppermint extract in half of the recipe with green food coloring above instead of lemon and orange juice.

Use 1 teaspoon cinnamon extract in half the recipe above instead of lemon and orange juice and color mixture red. Ten drops oil of cinnamon or cloves may be used instead of extract.



RAINBOW CANDY

Part 1
2 cups granulated sugar
½ cup milk
½ teaspoon almond extract
1 cup figs, chopped

Part 2
2 cups brown sugar
½ cup water
½ cup chocolate, grated
1 teaspoon vanilla extract

Part 3
2 cups grated maple sugar
½ cup milk
Few drops red food coloring
½ cup Brazil-nut meats, chopped
½ cup pecan meats, chopped
1 teaspoon orange extract

Part 1: Cook the sugar and milk to 240°, or to the soft-ball stage. Remove from heat, add almond extract and figs, and beat until creamy. Pour into buttered pan and allow to become firm.

Part 2: Cook the brown sugar, water, and chocolate to 240°, or to the soft-ball stage. Remove from heat, add the vanilla extract and beat until creamy; then pour on top of white candy and allow to become firm.

Part 3: Cook the maple sugar and milk to 240°, or to the soft-ball stage. Remove from heat, add the coloring, nuts, and orange extract; beat until creamy, then pour on top of brown candy. When firm, cut into slices or into small blocks.

The candy should be stirred constantly during cooking.

From the south come large round pecan-filled patties called pralines

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